BBC goodfood
Middle East
February 2020
DHS15
www.bbcgoodfoodme.com

# Cook with love
## *The Valentine's Day special*



**SWEET TREATS**

- Blood orange pound cake
- Chocolate-filled pancakes
- Tres leches cake

EASIEST EVER MIDWEEK MEALS

**Dinner for two**
Cook a sumptuous meal for your loved one

**Healthy batch cooking**

- Budget veggie soups
- Low-fat fish pie

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**REVIEWED:** Chingón + Address Sky View brunch | Romantic dining deals | After-school bites | Travel hotlist for 2020

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*Dubai*



## A LEGEND DINNER WITH YANNICK

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STAY

DUBAI

YANNICK ALLENO

# Welcome to February!



Love is in the air. As cheesy as that may sound, it's true, and to be honest, it feels great. Everyone can do with good, positive vibes all around, right? This year, restaurants have outdone themselves with curated menus for the special occasion, some even include a raffle draw to win diamonds. Turn to p14 to find a spot to impress your partner with.

Prefer staying in and cooking something special? The *Weekend* section features a dinner idea for two (p40); a sweet treat the family will love (p44); or perhaps breakfast in bed (p46)? To keep you on track with your healthy eating regime, we've also rounded up the best of veggie soups (p70) and a fry-up that's packed with wholesome goodness (p72). The children will love giving you a hand in the kitchen with the after-school suppers too (p60).

I can't wait to plan my next holiday, and I have my mind set on a few destinations from our Travel Hotspots feature – take a look at p80. In the meantime, hope you enjoy the extensive selection of weekday meals, dishes to slow cook when you're craving comfort food and the appetising tres leches cake (p35).

Nicola Monteath

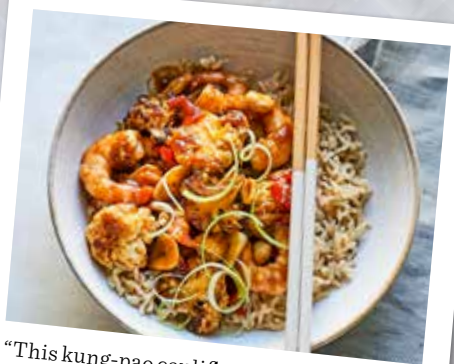
## WHAT WE'RE LOVING!



"This fish pie tastes luxurious, but is low in fat and calories, making it the ideal healthy weekend dish," says sales executive, Liz.



"You can't beat an ultra-sweet feast on Pancake Day, and these chocolate-filled pancakes are just too good to miss," says Online Editor, Glesni.



"This kung-pao cauliflower and prawn stir-fry is a great healthy alternative to a takeaway, and super simple to make midweek," says graphic designer, Froilan.

BBC goodfood Middle East

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FOUNDER CPI MEDIA GROUP
Dominic De Sousa
(1959-2015)

PRINTED BY
Emirates Printing Press LLC, Dubai

PUBLISHED BY

CPI MEDIA GROUP
CPIMEDIAGROUP.COM

Head Office:
Media City, Building 4, Office G-08
Dubai, United Arab Emirates, PO Box 13700
Tel: +971 4 440 9100
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*BBC Good Food ME* magazine is published by CPI Media Group under licence from Immediate Media Company Limited, Vineyard House, 44 Brook Green, Hammersmith, London W6 7BT.
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## Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C Iron Omega-3 Calcium Folate Fibre

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

**Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:**

P Contains pork.

# YOUR SAY

We love hearing from you!

## star letter



Ever since watching *The Gamechangers* documentary on Netflix, I have been super curious about plant-based and meat-free recipes. I am definitely enjoying the meat-free recipes from the January issue the most. Since I am too lazy, most of the time I really appreciate the midweek meals - I've tried two of them already and they're really fast to prepare and more importantly, super delicious! Keep on going!

**Roth Johannes**




What makes your magazine special and unique is the sophisticated taste of your topics. Also, the variety of sections that cover essentials topics for your followers. I always look forward to you applying diversity while choosing more subjects that not only caters to us, but to newcomers as well. Overall, a nice and outstanding issue.

*Shannon Dan Sanchez*



*BBC Good Food ME* has always been one of my favourite reads and when it comes to the latest recipes and food trends, it is my go-to. This month has been very special for me as I have a so-called "New Year's Resolution" to be healthy and focus on homemade foods. This is where my go-to magazine comes into the picture, providing me with various not-so-boring options to feast on. I particularly enjoy the low-calorie lunches, as they help me to prepare tasty and healthy office meals in no time. The masala mackerel is one of my favourite recipes.

*Jinal Bhakta*

## WIN!

Get your grill on this month with the **Staub grill pan from Tavola**. Its superior black matte enamelled interior is ideal for searing, roasting and grilling your veggies, meat and fish. Made of cast iron, the pan distributes heat efficiently, gradually and evenly and retains the flavour of your preparations. The ridges on the grill pan render the perfect grilled effect to your meats and veggies. With Staub's grill pan, you can indulge in genuine indoor grilling pleasure all year round. Enter into this month's star letter competition to be in with a chance of winning! Visit **tavaloshop.com** for more details.



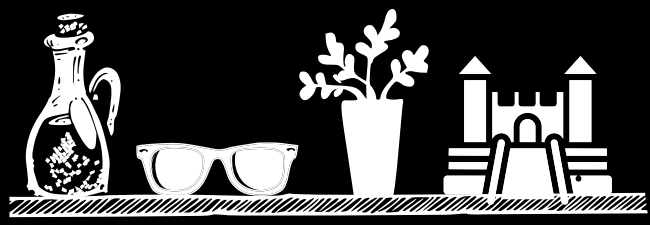
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**Email us on feedback@bbcgoodfoodme.com**
**with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!**

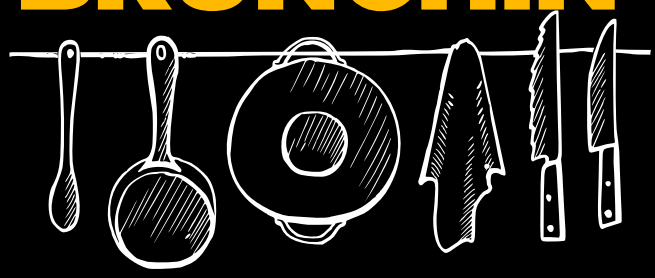
You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

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# WE BE BRUNCHIN'



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# NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



## FooDiva's #ThreeChefsDinner returns with modern Greek theme

The founder and food writer behind impartial restaurant review website FooDiva.net, Samantha Wood, is set to host her fourth #ThreeChefsDinner ticketed experience on 9 March 2020, this time with a contemporary Greek theme.

FooDiva brings three talented Dubai-based chefs together for one night only, with each cooking a different course. The host restaurant, Avli by Tashas, is a home-grown licensed restaurant by Greek-South African restaurateur and powerhouse, Natasha Sideris.

The evening will kick off with a premium aperitif and canapés, followed by a selection of meze starters from chef Ilias Kokoroskos of Mythos Kouzina & Grill. The host chef, Nick Charalambous from Avli, will serve a series of main courses, whilst chef Tim Newton from Opa will concoct a selection of desserts. All courses will be paired with beverages from Le Clos, whilst sommelier Lindsay Trivers from The Tasting Class explains the pairing.

The evening will begin at 6:30pm and is due to end at 10pm. An optional complimentary nightcap will be served in Avli's neighbouring Galaxy Bar. The cost of the dinner, including all beverages, is Dhs650 per person. To secure a spot, visit www.foodiva.net/dinnerevents.



THE BEST BITES

## *Perfect your sushi-making skills*

The art of sushi-making is no small feat, but aspiring home-cooks looking to master the skill can now do so at a weekly workshop in Dubai.

Nara Pan Asian, the quirky Japanese eatery in Cluster A, JLT, is launching a new three-hour sushi-making workshop, to be held every Sunday from January 25. Priced at Dhs125 per person, inclusive of two drinks, the classes will be led by Nara's sushi guru, Sudeep. Starting from the fundamentals and leading to specifics, like preparing authentic sushi rice, Nara Pan Asian's sushi workshop will cover all the bases.

The classes are perfect for small groups of friends, families, kids or as a corporate team building activity for up to 12 people. Experience hand-rolling your own maki and nigiri, after which you can freestyle and create your own masterpieces on the chef's table.

At the end of each session, all guests will receive a Nara Pan Asian goodie bag to continue their practice at home. Inside, guests will find it filled with essentials like a sushi mat, sushi rice, pickled ginger, wasabi and the Chef's secret recipe card.

The classes will take place every Sunday, from 1pm until 4pm. To book, email reservation@naradxb.com.

Text GLESNI HOLLAND | Photographs SUPPLIED



## Boardwalk celebrates 25-year milestone

Dubai Creek and Yacht Club's waterside restaurant, Boardwalk, celebrated its 25-year anniversary late last month.

Located at the Dubai Creek Marina offering spectacular views of the Dubai skyline, this popular institution has long been a favourite of the emirate's diners for its marina inspired interiors, stunning outdoor terrace and ultra-fresh seafood offerings.

If you haven't been, head down on a Saturday to take in the views while enjoying a combination of fresh, wholesome cuisine and cool, laid-back live music at the weekly Saturday Afternoon Soundscape sessions, kicking off at midday. Or, treat your loved one to a romantic dining experience under the stars this Valentine's Day with a special four-course aphrodisiac menu, curated using passion-inducing ingredients like oysters, chili, chocolate and fig – the piquant flavours of romance. Call 04 295 6000 for reservations.

## London-born Yauatcha to open in Riyadh, KSA



Al Khozama, the luxurious commercial properties developer in the Kingdom of Saudi Arabia, has joined forces with Hakkasan Group to bring world-class Cantonese fare to Riyadh's newly refurbished Al Faisaliah Mall - MODE. Opening in the coming weeks, Yauatcha is an innovative dining experience combining dim sum, tea, mocktails and juices, and European patisserie.

Founded in 2004 in the heart of Soho, London, Yauatcha is perfect for culture-seekers and the culinary adventurous. Every aspect of the restaurant's interior design encapsulates the key elements and characteristics of the London flagship restaurant. Across its two floors, guests are privy to the dynamic energy coming from the visible kitchens, the peaceful aquariums, the signature pastel palette of blues, pinks and greens as well as the starry sky in the juice bar, which has become synonymous with the restaurant's eminent style.

The all-day dim sum dining experience is ideal for a light lunch or dinner of steamed, baked, grilled or fried dim sum or larger feasts of duck, fish and noodle dishes. The unique menu, packed with auspicious ingredients, is an incarnation of authentic Chinese heritage with regional Cantonese cooking techniques, offering a wide range of sumptuous dim sum as well as the star dishes it shares with its sister restaurant, Hakkasan, such as the famous crispy duck salad. Enjoying equal importance within the Yauatcha brand is the in-house and standalone patisserie. The French-inspired confectionaries shape the concept of a modern patisserie, bringing a melange of delectable desserts to the fore from macarons to petits gâteaux and chocolates, all artfully presented.

The opening will mark Yauatcha's Middle East debut and is the first Hakkasan Group brand to enter the Kingdom of Saudi Arabia. For more information, visit www.yauatcha.sa.

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# Flavours of the *month*

Here is what's hot and happening around town this month.

## New on the block

**The Depachika Food Hall**
Head to Dubai's first Depachika at Nakheel Mall that features 36 brands, including home-grown favourites such ash Lime Tree Café, 1762, Little Greece Deli, Boon Coffee and Sugar Moo, to name a few. The expansive food hall is also home to The Cheeseroom, The Climbing Goat roastery, Saj2Go for freshly baked bread, Confetti William Di Carlo to get a taste of this established brand's delicacies, Royce', Damman Freres, Mamalu Kitchen for workshops and delish pizza, and V-shakes for superfood smoothies, acai bowls, wellness blends and healthy treats.
*depachika.ae*



**OPSO Dubai**

There's a new hotspot in town for afternoon tea. Located in Fashion Avenue, at The Dubai Mall, Opso Dubai invites guests for a modern Greek twist on the quintessential British tradition. Served on floral stands, guests are treated to a decadent selection of freshly prepared traditional mini koulouri and pitta - bite-size form like lamb prosciutto, slow cooked sous vide chicken, Greek style slaw, lamb souvlaki, and tzatziki - pastries, cakes, an extensive menu of hand selected tea and of course warm scones served with homemade strawberry jam and clotted cream. Choose between the OPSO breakfast blends (Assam breakfast, Earl Grey, green tea, Moroccan mint or jade sword) and the OPSO seasonal flower blends (chamomile flower, rose buds, peppermint leaf or blackcurrant and hibiscus). To end, bite into a scrumptious decadent assortment of mini OPSO red velvet cake, frangipane fruit tart, baked blueberry cheesecake, carrot cake slice, chocolate cream tart, vanilla mille feuille, Nutella cheesecake and chocolate brownie. *Sunday-Thursday from 12-5 pm. Contact 054 424 4999*

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### *Coppasta, Souk Al Manzil*

This family-friendly spot nestled in Al Manzil boasts gorgeous views of the Burj Khalifa that can be enjoyed indoors and out on the terrace. Pasta is made in-house, and you can customise your cup or pick one of the curated contemporary creations. Take your pick from the Aglio Olio Peperoncino using squid ink spaghetti tossed in roasted garlic and topped with Spanish chilies, or the curry madras with mixed peppers, zucchini, mushroom, and eggplant. We highly recommend the kale salad for a wholesome side, and the tiramisu or Eton mess to end with.
*Contact 800-COPPA (800-26772)*



### Torno Subito Dubai, W Dubai - The Palm

Live La Dolce Vita every Saturday with the Torno Sabato promotion - which literally translates to *I'll Be Back on Saturday* (Sabato = Saturday). Dive into a laid-back retro afternoon with a sharing-style Italian lunch. Enjoy free-flowing beverages, a carefully curated menu and entertainment. You can sit indoors or dine al-fresco at any of the colourful beach cabanas.
*Every Saturday, 1-4pm. Dhs249 inclusive of soft beverages and Dhs349 per person inclusive of house beverages. Contact 04 245 5800*



### La Cucina, Club Vista Mare

Every Thursday, this newly opened Italian eatery hosts Fuoco Nel Fuoco, where you can tuck into a dinner of salumi Italiani, risotto and pasta, all of which have been flambéed in a delicious parmesan wheel. End with a flaming dessert. The powerful sounds of the Bel Canto opera singers will keep diners entertained throughout dinner, and to add even more heat to the evening, one lucky couple's bill will be set on fire!
*Every Thursday, from 7pm. Dhs165 per person or Dhs300 for couples. Contact 04 568 2104*

### KAYTO, Jumeirah Al Naseem

Nestled in the heart of Jumeirah Al Naseem is this pop-up concept, open until May, that's perfect for business lunch or catch-up with friends. Experience bold Peruvian-Nikkei flavours by Chef Cristian Goya, with a sophisticated three-course menu including dishes such as salmon tataki with miso karashi sauce, crispy rice with spicy tuna tartare, coriander rice with shrimps and lime, or a selection of hand-crafted sushi (12 pieces). To finish the lunch on a sweet note, guests are invited to select a dessert from the à la carte menu including mochi or the delectable cheesecake brûlée and mandarin sorbet. *12:30 – 3:30pm, for just Dhs130 per person. Visit kaytodubai.com*





### *Sui Mui, The Westin Dubai Mina Seyahi*

Gather a bevy of friends and head to this Asian restaurant for their Street Food night, every Monday. Street Feast transports guests to the bustling streets of the world's most loved Asian cities famed for their culinary street food. Try everything from Thai salads to dumplings, creamy Singaporean laksa, authentic Indonesian gado gado, mango sticky rice, Thai coconut cake, and toasted bread with pandan custard, amongst other dishes.
*From 7-11pm. Dhs185 per person for soft drinks and Dhs299 for the premium package. Contact 04 5117373*



### Wavebreaker Beach Bar & Grill, Hilton Dubai Jumeirah

This bustling beachfront restaurant has launched "It's an age thing," a fabulous deal that offers discount percentage equivalent to your age when dining - the discount applies to every individual's age. A great spot for burgers, nutritious salads, sandwiches and a wide selection of vegan dishes.
*Every Monday from 6–11pm. Contact 04-399 1111*



### OPA

Hotfoot to this vibrant restaurant for their latest gastronomic offering, the Chicken Kontosouvli. The delectably juicy dish features grilled corn-fed chicken traditionally slow roasted to perfection over an open charcoal pit, before being extravagantly brought out to your table and carved out on a silver platter, right in front of you in true OPA style. Served alongside crispy home-made potato chips, a fresh zesty salad and a side of creamy tzatziki, this dish dates back to traditional Greek family celebrations and offers the perfect way to sate your Mediterranean cravings. That's not all, a night at OPA entails an abundance of fun-filled entertainment, with traditional Zorba dance performed every evening along with an exhilarating plate-smashing experience.
*The dish is available from Wednesday to Saturday. Contact 04 357 0557*



### The Glasshouse by Soho

This brasserie-style restaurant and bar sits in the heart of Soho Garden. An unparalleled experience, where you can tuck into mains such as the signature pan-seared seabass, along with desserts like the deconstructed cheesecake. It's the perfect destination for guests that are looking to mix and mingle in a relaxed yet buzzy escape.
*Open Wednesday to Saturday from 8pm until late. Contact +971 52 388 8849*

# Afternoon Tea with a modern Greek twist!



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eat out

# abu dhabi

Dining deals and happenings in the capital this month.



## THE TERRACE ON THE CORNICHE, THE ST. REGIS ABU DHABI HOTEL

Choose between the vibrant indoor seating area or the al fresco outdoor terrace and get ready to feast at this Friday brunch. Creative beverages are served upon arrival, with the journey continuing on to the main dining room for a premium selection of the freshest seafood, sushi, prime grilled cuts, handcrafted Tuscan pastas and special live stations. Don't forget to visit The Library, which showcases an imaginative display of desserts and an insightful tasting of refined chocolates from around the world, crafted by the creative pastry chefs. Cheese lovers can indulge in 26 delectable cheese varieties, carefully chosen to enhance your experience. The brunch is great for small groups, families and large gatherings (the private dining room can host up to 40 people).

*Every Friday, 12:30pm-4pm. Dhs345 for soft beverages, Dhs430 for house beverages and Dhs595 for the premium package. Contact 02 694 4553*



## RASOI BY VINEET, JUMEIRAH AT ETIHAD TOWERS

Michelin star chef Vineet Bhatia has finally landed in the capital. Guests will embark on a culinary adventure into the world of contemporary Indian cuisine, tucking into dishes with exotic flavours from his homeland of India. The menu features two of Vineet's most famous dishes including the buttery tandoori-smoked salmon served with a refreshing cucumber raita, and the chocomosa; a chocolate stuffed samosa paired with caramelised nuts and chocolate mousse, crowned with saffron-infused jalebi. Other dishes showcase prawns in a sophisticated sauce with hints of lemongrass, coconut and kaffir lime, and red chillies bringing a touch of warmth, and the smoky spareribs with notes of tamarind.

*Contact 02 447 4848*



## GARAGE, W ABU DHABI – YAS ISLAND

This beautifully designed open kitchen spreads over five cuisines, with each station designed for people to interact with chefs. Begin your culinary journey at the Steam Table, followed by Nikkei House, where you can tuck into dishes such as Tuna Tiradito with yellow fin tuna, avocado, Nikkei sauce, onions, and snow peas; and Clasico Ceviche, a Greek seabass with cilantro, lime juice, Peruvian corn and sweet potato. Once done, head to the Mezza Bar for Middle Eastern flavours, followed by the Meat Vault for the USDA Prime T-bone steak, the 1.5 kilo Tomahawk perfect for sharing with friends and family. When it's time to sate your sweet cravings, make a trip to the Tart Van for everything from buttery tarts with flavours such as banana caramel to blueberry cheesecake, s'mores and more.

*Visit wabudhabiyasisland.com*

Text NICOLA MONTEATH | Photographs SUPPLIED




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# dinner for two

Celebrate the day of love at one of these romantic restaurants, serving special menus for Valentine's Day



## *Wanderlove Brunch, JW Marriott Marquis Dubai*

Head to the Wanderlove brunch on Valentine's Day; a one-stop culinary journey around the world. With more than 10 live stations, including an extended Japanese section and a variety of beverage stations, this food odyssey will satisfy even the restless foodie. Embrace your inner wanderlust and enjoy the innovate beats of DJ Adam J and special live entertainment and beverages.

*February 14, from 1-4pm. Dhs425 per person for the house package and Dhs545 per person for the premium. Contact 04-414 3000*



## *Phoenicia Palm Jumeirah Restaurant at Kempinski Hotel and Residences*

Enjoy a night under the stars surrounded by beachfront luxury at Phoenicia Palm Jumeirah. A specially crafted five-course menu will be served on the day, which includes tiger prawn ravioli, corn-rolled chicken and more, served with a complimentary drink upon arrival. Classic tunes from the musician sets the tone for this romantic evening.

*Dhs295 per person. Contact 056 603 3504 or 04-444 42501*



## *Marea, DIFC*

Chef Michael White has curated an exceptional menu and experience for guests dining at this DIFC hotspot. Begin with a welcome drink followed by a selection of flavorful dishes, including sea bream seasoned with a nutty truffle vinaigrette, and tricolore caprese - a soft and milky burrata served with tomatoes, salsa verde and taggiasca olives. Marea's signature mouth-watering dishes make it onto the exclusive menu, including the famed Garganelli, an earthy rich truffle quill pasta paired with parmigiano and Gnochetti, a tantalizing Sicilian red prawn in a light tomato sauce garnished with rosemary and chili. Meat-lovers can feast on Bistecca Wagyu Sirloin, served with pomme puree and truffle jus, while those who prefer fish can opt for the seabass with caviar sauce. The meal concludes with a sinful chocolate dessert.

*Dhs650 per couple. Contact 04-583 6366*



## *Pacific Groove, Paramount Hotel*

Experience 'The Love Affair' at this Hollywood-themed hotel, and tuck into an exquisite three-course aphrodisiac-inspired menu starring the best of drinks, oysters and chocolate-covered strawberries.

*Dhs295 for food and Dhs495 per person for the premium package. Contact 04-246 6777.*

Text NICOLA MONTEATH | Photographs SUPPLIED



## *Sea Fu, Four Seasons Hotels Dubai Jumeirah Beach*

Glowing candles, a cool sea breeze and a romantic evening for two is on the cards at this seaside eatery. Diners can enjoy a sensory-inspired Asian menu that has been carefully crafted for this special day. The sounds of soulful live music will whisk guests away as they dine. Following dinner, couples are also invited to sink their toes into the sand and take a walk along the private beach beneath the moonlight.

*Dhs790 per couple. 04-270 7777*



## *Kinara by Vikas Khanna, JA Lake View Hotel, JA The Resort Jebel Ali*

The beautifully crafted dinner begins with a strawberry carpaccio with ginger, mustard cress, and balsamic reduction to open the palate, followed by kale crisps with baby spinach, yoghurt and flavours of raspberry-tamarind emulsion, tandoori figs with palm jaggery sauce, pickled radish, tapioca crisp or the tandoori tuna tataki with sandalwood smoked tuna. If your partner loves Indian flavours, this menu is sure to impress, with dishes such truffle chicken tikka with black garlic chutney, passionfruit gel, and shaved truffle and main courses showcasing Kashmiri morels musallam with spiced almond sauce, roasted milk stuffing and the star anise braised lamb shanks with roasted onion gravy, chili oil, pomegranate molasses. The dinner concludes with a delectable dessert of chocolate molten cake with caramelized peach, strawberry ice-cream, rose cream and walnut crumble.

*Dhs790 per couple. Contact 04-814 5555*



## *Asia Asia, Pier 7, Dubai Marina*

Impress your loved one with a three-course set menu, complete with stunning views of the iconic Dubai Marina skyline. The menu features a selection of Chef's pan-Asian favourites, starting with complimentary amuse bouche, a choice of wagyu beef gyoza, a selection of nigiri or nasi moro miso followed by the classic mango miso black cod or Korean tenderloin steak. For the vegetarian option, a vegetable platter to start, followed with a stunning Japanese coconut curry. Finish off with the creamy yuzu cheesecake and chocolate bomb. An a la carte menu is also available.

*Dhs700 per couple with a complimentary drink on arrival. Contact 04 276 5900*




## *Theatre by QE2*

Rediscover the meaning of romance with a candle-lit meal under the stars and a night of Italian opera at 'La Voce Dell' Amore - The voice of love'. Set under a ceiling of stars on the decks of the Pavilion, indulge your loved one with a delectable three-course meal and let the renowned opera duo Antonio Perez Iranzi and Fiona Tanner Baldwin serenade your table. Brought to you by Theatre by QE2 and Outside the Box Events, the spine-tingling theatrical performance will be set against the backdrop of Dubai's glistening skyline. Feast on a three-hour free-flowing beverage package with a three-course meal showcasing a menu of freshly prepared ingredients, including smoked salmon and prawn roulade, herb-crusted pan-roasted corn-fed chicken and white chocolate mousse with pralines and dark chocolate brownie.

*Dhs395 per person for the soft beverage packages and Dhs495 per person inclusive of house beverages. Contact 04-526 8811*



## *Ketch Up, Bluewaters Dubai*

Celebrate this Valentine's Day with a four-course set menu created specifically for the occasion, which includes oysters, tempura tiger prawns with wasabi mayo and tender beef medallions, and more. From Dhs690 per couple inclusive of a bottle, with special packages available for couples dining together and groups. *Contact 04-399 9404*



## *Marina Social, InterContinental Dubai Marina*

Dine at the award-winning Marina Social by Jason Atherton, where you can enjoy a sensational five-course menu for the special night. Overlooking the panoramic views of Dubai Marina, you and your partner will be treated to oysters sourced from the pure waters of Loch Fyne in Scotland, a known aphrodisiac; and an Italian beef tomato dressed with a 25-year aged balsamic, followed by the velvety-smooth king crab linguini smothered in butter. For mains, the delectable beef wellington is served, followed by an enticing dessert - the delicious 'Pink Lady' apple tart tatin, topped with Madagascan vanilla ice-cream and caramel and some takeaway 'After Eight' treats for a sweet ending.
*Dhs895 per couple inclusive of a drink. Contact 04-446 6664*



## *MINA Brasserie, Four Seasons Hotel DIFC*

Chef de Cuisine Rami Nasser has crafted a bespoke Valentine's Day menu, offering an indulgent shared dining experience for two. Made up of three delicious courses, and accompanied by a beverage each, this menu is inspired by the freshest, natural ingredients. The menu will showcase items such as fin de claire oysters, filet mignon, lobster thermidor and more tantalizing treats. To end the meal, share an indulgent, smooth and silky chocolate soufflé, accompanied by live entertainment long into the night.
*Dhs795 per couple. Contact 04-506 0100*



## *Nassau, Jumeirah Golf Estates*

Newly opened Mediterranean restaurant, Nassau, is inviting couples to go on a unique culinary journey this Valentine's Day. The internationally celebrated chef, Silvena Rowe is serving up a three-course menu with both vegetarian and non-vegetarian options. The restaurant's comfortable setting with light, breezy interiors invites guest to relax, while the sumptuous menu awakens the senses. From a selection of starters featuring a choice of king prawn cocktail, burrata with truffle vinaigrette, to the selection of main courses, including wagyu beef tenderloin grade 6, seabass and a vegetarian option, guests will be delighted by the variety of choices available. Round-up the perfect dining experience with a mouth-watering dessert, a must-try being the Eton Mess, a delicious serving of berries, strawberry and chocolate shavings, created by Chef Silvena herself.
*Dhs590 per couple. For reservations, visit dubaigolf.com/dine/nassau*



## *World Cut Steakhouse, Habtoor Palace Dubai*

World Cut Steakhouse's dimmed lighting, beautiful interiors and flawless service makes it the premier choice for ensuring a truly special night, not to mention its award-winning food. This Valentine's Day, World Cut will be offering a spectacular five-course set menu including the finest dishes the restaurant has to offer, such as wagyu beef tartare amuse bouche and sumptuous seafood starters followed by a refreshing palate cleanser. Choose between the two enticing entreés, "surf & turf" or black cod fish and complete the meal with an indulgent deconstructed cherry semifreddo. The menu includes a fantastic bottle to share as well. A live singer and pianist will be setting the mood with sultry beats, complementing the flavours of the dishes and ambience of the fine-dining establishment. All couples dining will also be in with the chance to win a pearl bracelet and earrings courtesy of Dhamani, to really make a night to remember.
*Dhs350 per person. Contact 04-435 5577*



## *Mermaid, Rixos Premium Saadiyat Island*

Enjoy a dreamy four-course Mediterranean seafood dinner with accompanying pairings. At Mermaid, you can choose to dine al fresco or indoors, while being serenaded by a solo live artist and taking in the soothing sounds of the sea. The Valentine's Day romantic dinner package includes a welcome drink on arrival, surprise giveaway, and rose-themed table setting to create a picture- perfect dining experience.
*7-11pm, Dhs699 per couple.*



## *Oak Room, The Abu Dhabi EDITION*

Enjoy a Valentine's Day set menu at Oak Room - Abu Dhabi's quintessentially British steakhouse. For the ultimate Valentine's Day experience, you can upgrade your package to include the 5-course menu; canapés, Sturia caviar, a cheese selection and free flowing beverages.
*Dhs800 per couple for the soft beverage package, Dhs1,400 with pairings and Dhs 5,980 for the upgrade and the intimate private dining room. (48hr advanced reservation essential). Contact 02 208 0000.*



## *Eclipse, Four Seasons Hotel Abu Dhabi at Al Maryah Island*

Dine al fresco and enjoy one of the best rooftop views of Abu Dhabi from Eclipse Terrace Lounge. Diners will be treated to a four-course menu featuring beef and tuna tapas for appetisers, black cod with yuzu miso sauce, and a chocolate surprise that only Pastry Chef Rashika knows details about.
*Dhs390 per person. Contact 02 333 2222*

# Tried & tasted

Each month, we review three of the city's top tables.





Reviewed by Glesni Holland
*Online Editor, BBC Good Food Middle East*





## Where?
## THE RESTAURANT, ADDRESS SKY VIEW

**Dining experience:** Friday brunch

**What's it like?** The newest addition to Downtown Dubai's glittering skyline opened its doors in late 2019. Helmed under Emaar Properties, Address Sky View offers a spectacular vantage point for stunning panoramic views from its rooftop infinity pool on the 54th floor. But don't be fooled in thinking that its jaw-dropping views are all that this luxury property has to offer. On the second floor, as with all Address outlets, is The Restaurant - the brand's all-day dining offering serving international cuisine. The expansive outlet is subtly divided into mini dining spaces to mirror the allure of a luxury home, from the Living Room and Dining Room, to the Library and Patio. The Restaurant's interiors are sleek and contemporary in keeping with the Address brand, but when offered a choice of where to sit, we make a beeline for the outdoor veranda and take our seats at a cosy table for two. Before long, we're soaking up the sunshine with a drink in hand as the live music begins to play.

**What are the food highlights?** The new Friday brunch falls under the "sharing is caring" concept, with all dishes served directly to the table. The menu is divided into various courses, starting with "small bites", and progressing through "experimental" and "traditional" stages before concluding with dessert. The starters soon start to arrive, including smoked oysters, batata harra (spicy potatoes), halloumi and pomegranate salad, and miso-glazed eggplant. The eggplant comes out as the favourite, as we enjoy four caramelised pieces that sit atop a bed of hummus, pomegranate seeds and zaatar croutons – we only wish there were more!

Next up is the "experimental" course, where we see influences from international cuisines in each dish. The lamb shank is cooked to perfection, with a crispy outer shell and served tender and pink on the inside. It's presented with a Purslane salad (a leaf often eaten in African countries), Shimeji mushrooms and a fiery black pepper sauce, and is a well-rounded, tasty dish. The madai papilotte (Japanese perch) is utterly delicious. Cooked and presented to the table in a plastic pouch, the fish is beautifully cooked and bursting with flavour. Sadly, the chard wagyu striploin (despite this being what I was looking forward to the most) falls short in comparison to the other two dishes and is too chewy for my liking.

The "traditional" course features seven dishes, which we enjoy in two sittings. Highlights include the whole roasted spiced cauliflower, dressed in smoked paprika, arugula pesto and red chilli infusion to create a fiery, vegetarian delight. The chargrilled sweet corn is also a huge hit. Coated in a harissa mojo sauce and served with a hearty helping of guacamole, it makes for a deliciously moreish dish.

To finish, a trio of miniature desserts are brought to the table. The baked egg bubble waffle, topped with green tea ice cream, marshmallows, Oreo biscuits and chocolate sprinkles, is so simple yet so satisfying, I only wish the portion wasn't to share!

**The bottom line:** Brunch at The Restaurant is a relaxing experience, filled with top-notch food and great service. As the afternoon draws in, be sure to head upstairs to the pool deck for a sundowner (you'll thank me once you see the view) or visit the newly-opened Ce La Vi for after-party vibes.

**Want to go?** Packages start from Dhs295 per person, inclusive of soft beverages. Premium packages are available. Call 04-4873 8888 or email dine@emaar.com for reservations.

Photographs SUPPLIED



Reviewed by Nicola Monteath
*Acting Editor, BBC Good Food Middle East*

Where?
## CHINGÓN DUBAI

**Dining experience:** Dinner

**What's it like?** This modern Mexican eatery sited in Business Bay is about to become the talk of the town. The open-air terrace restaurant is a feast for the eyes, with marble-lit feature walls; ropes exuding a natural, earthy vibe; design elements that steal a glance, and a DJ that livens up the mood through the night. The restaurant also offers an extensive selection of concoctions that the staff are happy to recommend according to your liking.

**What are the food highlights?** Traditional Mexican dishes have been given an Asian twist, with chilies playing the lead role on this innovative menu. We began our meal with moreish lotus root chips and a creamy guacamole for that authentic experience, followed by charred corn salad topped with homemade queso fresco and sundried tomatoes to complement each ingredients' flavours and textures. We had to try their selection of tacos and chose to share the El Dorado; a black tortilla pressed with 24k gold, and topped with succulent A9 Wagyu, avocado cream and shaved black truffle. A dish that isn't just gorgeous to look at but tastes incredibly delicious too. The baja fish tacos came in highly recommended as well, with a stunning habanero mayo that coated the crisp fish.

For entrées, Mexszechuan chicken; a true representation of the chef's travels through Asia, was our top pick. Arbol chilli, coriander, cashew nuts and crunchy fried garlic chips coat the entire chicken, lending a gentle heat with every flavoursome morsel. If you have space for one dessert, share the Mictlan. The beautifully presented dessert features a gold-covered skull filled with a velvety chocolate and lime mousse accompanied by mint moss.

**The bottom line:** Great blend of Mexican and Asian ingredients and cooking techniques. If you like either cuisine, you're in for a treat.

**Want to go?** Contact 04-8733377

















Reviewed by Glesni Holland
*Online Editor, BBC Good Food Middle East*

Where?
## OPSO, DUBAI MALL

Dining experience: Dinner

What's it like? This contemporary Greek eatery sits on the second floor of the ultra-luxe Fashion Avenue in Dubai Mall. With sweeping views of the Dubai Fountains below, it's the perfect spot to impress guests – who we're sure will be wowed by not only the stunning cityscape sights, but also the fantastic food on offer. Translating from the ancient Greek word for a delectable morsel of food, "a delicacy", OPSO was brought to Dubai by young Saudi entrepreneur, Faisal Al Mandil, as an extension the London-born eatery based in Marylebone. Celebrating modern Greek roots in its cooking, OPSO serves up classic dishes with a contemporary twist in true Dubai fashion (I'm talking 24k gold dust and smoking dry ice – but more on that later). The outlet is divided into three main areas; OPSO Dining, Privé and Social. OPSO Dining, the main dining hall, boasts beautiful blue and gold interiors with attentive service; Privé is an exclusive indoor Sheesha lounge with a special bites menu; and Social is the perfect pit-stop for a freshly-brewed coffee with friends or colleagues.



What are the food highlights?

As we take our seats on the terrace, hunger pangs begin to set in – and our waiter, Michael, tells us that Executive Chef Mark Taquet has prepared a selection of dishes from the new menu for us to try. To my delight, dishes begin to arrive very soon after. One of my favourite aspects of Greek cuisine is undoubtedly the starters – and nothing quite satisfies a rumbling stomach like freshly-baked pittas and a selection of dips. We begin with tzatziki and red pepper and feta hummus, which we gladfully mop up with chunks of sourdough and pitta bread.

Next up is a selection of salads, and our offering includes the duck salad and watermelon and feta. Michael tells us that the duck has been slow-cooked for 12 hours prior to serving, and it's certainly had the desired effect as the meat is beautifully tender and melts in the mouth. Served in a stunning glass cube with pomegranate, orange and balsamic dressing – not forgetting the golden, caramelised and crunchy walnuts – it's a must-try. Our second salad arrives on an impressive looking bed of dry ice (have your phones out ready for that Insta-moment) and comprises small, bitesize watermelon balls and plenty of crumbled feta, which makes for a deliciously refreshing dish.

For our choice of hot starter, chef serves us the traditional spanakopita – a homemade spinach pie with mint and feta, served alongside a Greek yoghurt dip. Golden, flaky pastry and a gooey cheesy filling – it's a true Greek delight and a firm favourite from our evening.

Mains are divided into grills, "traditionally flavoured", and sharing platters. We try the chicken souvlaki skewers (though there is also the choice to have beef tenderloin or minced lamb, should you prefer) which is served on a sizzling platter to the table alongside charred veg and tzatziki. The chicken is well-cooked and has that smoky, just-off-the-barbie finish to it. We also try the grilled lamb rack from the sharing platter, which I cannot recommend enough if you're a truffle lover (the aromas are enough to excite us before the dish even arrives at our table.) The lamb is tender and well-seasoned and sits atop a bed of mouth-watering wild mushroom risotto, finished with truffle oil and grated graviera. My advice: do not miss this!

To finish, we try the stunning three-tiered 24k rochet – OPSO's homemade take on the Ferrero Rocher. It's listed as a sharing dessert for a minimum of 2 people, but it could certainly serve more after a large meal. Three gold dusted chocolate shells, the size of tennis balls, are filled with vanilla ice cream, Feuilletine and hazelnuts, before being topped with a rich chocolate sauce, to create the ultimate sweet feast. I only wish we could've done it more justice!

The bottom line: OPSO is a stunning venue offering top-quality, well-presented food with fantastic views. The venue is not licensed but offers an abundance of refreshing mocktails; the "Tinylicious" is my personal favourite.

Want to go? For reservations, call +971 54 424 4999.









# A CULINARY TOUR DE FORCE

The culinary masters at Bagatelle have taken their already stellar menu and elevated it with the addition of eight sublime new dishes

Head Chef Dave Fitzsimmons has his finger on the culinary pulse of this city and understands the need to shake things up every now and again, whilst always adhering to the penchant of classic French cuisine. At Bagatelle, guests can embark on a culinary journey, with all tastes and appetites catered for. One thing we know for sure, at Bagatelle you will always find an epic party, so fueling up is both delicious and imperative.

The French take their meat very seriously and this is beautifully reflected in the new menu additions with Pan-seared Tenderloin served with Foie Gras Pain Perdu and Whole lamb encased in a Parsley & Sage Seeded Crust, ensuring the meat stays tender and juicy, served alongside Dauphinoise Potato, Braised Red Cabbage, Roasted Baby Carrots and Lamb Jus - surely this is the epitome of rustic, comfort food?

Meat not your thing? Pas problème! Bagatelle boasts a phenomenal selection of the finest fish dishes, including Whole Josper Roasted Seabass with Saffron potatoes and Salt Baked Seabass and Roasted Parsnip Puree. The Lobster Soufflé with Gruyère and Americaine sauce, gives us life and is the very definition of indulgence.

No French menu is complete without escargots, and trust us, the Burgundy Snails with Smoked Garlic Potato, Crispy Coppa and Parsley Butter Flat Bread will satisfy even the fussiest of French tastes. Burrata is always a winner and has found itself positioned firmly in the culinary elite, so Bagatelle, never satisfied with the norm, has created a burrata dish with a divine twist, served with Roasted Quince & Apple, Truffle Dressing, Cranberry and Hazelnut Bread.

Bagatelle is designed to reflect classic Parisian elements, highlighted by bold artwork and pulsating music, ensuring guests are entertained abundantly every night.

Bagatelle Dubai

**RESERVATIONS**

Call: +971 4 354 5035
Visit: reservation@bistrotbagatelledubai.com



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# easy

Delicious, simple, and easy-to-make recipes



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flexitarian dinners

# easiest ever midweek meals

Make one of these speedy midweek suppers that, with just a tweak or two, can be made into equally delicious, vegan versions

*recipes* ESTHER CLARK *photographs* FAITH MASON



## Kung pao cauliflower & prawn stir-fry

**SERVES** 1 **PREP** 5 mins
**COOK** 20 mins **EASY**

¼ cauliflower, broken into florets
1 tbsp vegetable oil
1 garlic clove, finely sliced
½ red chilli, finely sliced
thumb-sized piece of ginger, finely grated
60g raw king prawns
1 tbsp rice vinegar
2 tbsp hoisin sauce
3 spring onions, shredded
15g peanuts, roughly chopped
cooked brown rice, to serve

- Heat the grill to high. Toss the cauliflower on a tray with ½ tbsp of the oil and grill for 15-20 mins or until tender and golden around the edges.
- When the cauli is done, heat the remaining oil in a small saucepan or wok. Tip in the garlic, chilli and ginger, and cook for 1 min. Raise the heat, add the prawns and fry for 1 min. Splash in the vinegar and hoisin, let it bubble, then toss the cauliflower through the sticky sauce. Top with the spring onions and peanuts, and serve with rice.

**GOOD TO KNOW** folate • vit c • 1 of 5-a-day
**PER SERVING** 346 kcals • fat 20g • saturates 2g • carbs 23g • sugars 16g • fibre 4g • protein 17g • salt 2g

**gf tip**
**HOW TO MAKE IT VEGAN**
Remove the prawns and double the amount of cauliflower.





## Chorizo & root veg bulgur wheat

**SERVES** 3 **PREP** 5 mins
**COOK** 25 mins **EASY**

½ swede, peeled and cut into 1cm chunks
150g baby carrots, halved lengthways
1 large red onion, cut into wedges
2 garlic cloves, crushed
½ tbsp sweet smoked paprika
2 tbsp olive oil, plus an extra drizzle to serve
150g mild cooking chorizo, sliced
150g bulgur wheat
½ lemon, juiced, plus lemon wedges, to serve
1/2 bunch of parsley, leaves picked
salad leaves, to serve (optional)

1. Heat the oven to 200C/180C fan/gas 6. Toss together the swede, carrots, onion, garlic, paprika and olive oil in a roasting tin. Season and roast everything for 10 mins. Add the chorizo and continue cooking for 15-20 mins more until the swede is tender and the chorizo is crisp. Cook the bulgur wheat following pack instructions.
2. Toss the cooked bulgur through the veg and chorizo mixture with the lemon juice, then scatter over the parsley. Season and drizzle with a little extra oil. Serve with lemon wedges and salad leaves, if you like.

**GOOD TO KNOW** folate • fibre • vit c • 2 of 5-a-day
**PER SERVING** 468 kcals • fat 25g • saturates 7g • carbs 36g • sugars 12g • fibre 14g • protein 19g • salt 1.9g

**gf tip**
**HOW TO MAKE IT VEGAN**
Swap the chorizo for chunks of butternut squash or tempeh.





## Nutty chicken & lemon spaghetti

**SERVES** 4 **PREP** 10 mins
**COOK** 20 mins **EASY**

4 small boneless and skinless chicken thighs
2 tbsp olive oil
80g stale white bread, torn into small pieces
140ml whole milk
100g walnuts
1 large garlic clove
½ lemon, zested and juiced
300g spaghetti
½ small bunch of parsley, finely chopped
grated parmesan, to serve (optional)

- Heat the grill to medium. Put the chicken on a baking tray, drizzle with ½ tbsp oil and season. Grill for 8-10 mins on each side or until cooked through. Shred the meat with two forks.
- Meanwhile, soak the bread in the milk for 5 mins, then tip into a food processor with the walnuts, remaining oil, garlic, lemon zest and juice. Pulse to a smooth creamy texture. Season.
- Bring a large pan of salted water to the boil. Add the spaghetti and cook according to pack instructions.
- Drain the spaghetti, reserving a mugful of cooking water (about 200ml). Return the spaghetti to the pan and toss with the walnut sauce, shredded chicken, most of the pasta water and the parsley. Toss to coat, and add a little more pasta water to loosen, if you need to. Check for seasoning and serve in bowls topped with the parmesan.

**PER SERVING** 665 kcals • fat 30g • saturates 5g • carbs 67g • sugars 5g • fibre 5g • protein 28g • salt 0.4g

**gf tip**
**HOW TO MAKE IT VEGAN**
Remove the chicken and use a dairy-free milk and vegan alternative to parmesan.

## Sausage & leek mash pie

**SERVES** 4 **PREP** 5 mins
**COOK** 40 mins **EASY** ❄ P

4 large potatoes, peeled and cut into 3cm chunks
2 tbsp oil
6 pork sausages
1 tbsp plain flour
450ml fresh chicken gravy
150g kale, shredded
3 leeks, finely sliced
½ tbsp wholegrain mustard
2-3 tbsp whole milk
50g smoked or ordinary cheddar, grated

- Boil the potatoes for 12 mins or until tender. Drain and leave to steam-dry.
- Heat 1 tbsp oil in a shallow casserole or deep skillet (20-25cm). Pinch the sausages out of their skins into large pieces, directly into the pan, and fry over a medium heat for 7-8 mins or until golden brown. Add the flour and stir everything together, cooking for 1 min. Pour in the gravy and 100-200ml water (depending on how thick you like your gravy), bring to a simmer, then add the kale and cook for 5 mins. Remove from the heat.
- Meanwhile, in a separate pan, add the remaining 1 tbsp oil, then the leeks and fry for 5-10 mins until tender, adding a small splash of water to help them cook. Heat your grill to its highest setting.
- Mash the potatoes until smooth. Stir though the leeks, mustard and milk, and season. Spoon and swirl the mash on top of the sausage mixture, then scatter over the grated cheese and grill for 3-5 mins or until golden and bubbling.

**GOOD TO KNOW** calcium • folate • fibre • vit c • 2 of 5-a-day
**PER SERVING** 591 kcals • fat 27g • saturates 9g • carbs 55g • sugars 7g • fibre 11g • protein 25g • salt 1.7g

**gf tip**
**HOW TO MAKE IT VEGAN**
Swap the pork sausages, cheddar, milk and gravy for vegan alternatives.





**gf tip**

**HOW TO MAKE IT VEGAN**
Swap the halloumi for fried aubergine slices and use a veganfriendly sundried tomato pesto.

## Bean & halloumi stew

**SERVES** 2 **PREP** 5 mins
**COOK** 20 mins **EASY** **V** ❄ stew only

3 tbsp olive oil
1 onion, thinly sliced
1 red pepper, thinly sliced
2 garlic cloves, crushed
3 tbsp red chilli, sundried tomato pesto or vegan alternative
1 heaped tsp ground coriander
400g can mixed beans, drained and rinsed
400g can chopped tomatoes
½ x 250g block halloumi, sliced
½ small bunch of coriander, finely chopped
garlic bread, to serve (optional)

- Heat 2 tbsp of oil in a frying pan over a medium heat. Add the onion and pepper, along with a pinch of salt and fry for 10 mins or until softened. Add the garlic, pesto and ground coriander, and cook for 1 min. Tip in the beans and tomatoes along with ½ can of water, then bring to a simmer and cook uncovered for 10 mins.
- Add the remaining oil to a separate frying pan over a medium heat. Fry the halloumi for 2 mins on each side or until golden brown.
- Taste the beans for seasoning, then spoon into deep bowls. Top with the halloumi and scatter over the chopped coriander. Serve with garlic bread, if you like.

**GOOD TO KNOW** folate • fibre • vit c • 2 of 5-a-day
**PER SERVING** 468 kcals • fat 25g • saturates 7g • carbs 36g • sugars 12g • fibre 14g • protein 19g • salt 1.9g

## Paneer korma

**SERVES** 4 **PREP** 5 mins
**COOK** 25 mins **EASY** V ❄

3 tbsp vegetable oil
225g block of paneer, cut into 2cm cubes
1 large onion, roughly chopped
thumb-sized piece of ginger, peeled
2 large garlic cloves
5 tbsp korma paste
3 cardamom pods, crushed
70g ground almonds
500ml vegetable stock
150g spinach
100g Greek yogurt
rice or naan breads, to serve (optional)

Heat 1 tbsp of the oil in a deep frying pan over a medium-high heat. Add the paneer cubes and fry for 5 mins, turning regularly, so each side is golden brown. Remove with tongs and put on a plate lined with kitchen paper.

Put the onion, ginger and garlic in a food processor with a splash of water and blitz until completely smooth. Heat the remaining oil in the frying pan over a medium-low heat. Add the onion mixture and a pinch of salt, and fry for 10 mins or until lightly golden. Add the korma paste and cardamom, and fry for 1 min. Stir in the ground almonds and fry for 1 min to make a thick paste. Add the stock, bring to a simmer and cook for 5-10 mins, uncovered, or until reduced a little. Add the spinach to the sauce and cook for 5 mins. Stir through the yogurt and paneer, and season generously. Serve with rice or warm naan breads.

**GOOD TO KNOW** calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
**PER SERVING** 509 kcals • fat 29g • saturates 12g • carbs 21g • sugars 12g • fibre 16g • protein 33g • salt 0.7g

**gf tip**
**HOW TO MAKE IT VEGAN**
Use firm tofu instead of paneer and swap the yogurt for dairy-free coconut yogurt.





ridiculously easy

# paella

Each month, Good Food legend **Orlando Murrin** shares a quick-fix recipe that delivers impressive results

***photographs*** TOM REGESTER

Paella is easier to make than risotto – for one thing, no need for all that stirring – and much more satisfying on a winter's evening. I have no hesitation in presenting a version that is so straightforward and foolproof that you could pretty much make it in your siesta: the whole operation is done in the oven, in one baking dish.

This is an extremely flexible dish, and it's easy to adapt according to what you have in the fridge, and the family's preferences. You can scale it up or down (timings remain the same), and dial up or down the luxury (by which I mean the saffron and prawns). Serve it piping hot from the baking dish, just as it is, or with crusty bread and a salad.

That being said, two things matter: you need to use paella rice – no other will do – and don't skimp on the chorizo. Paella is best eaten straight away, hot from the oven – reheating is inclined to make it stodgy.

## Paella in the oven

**SERVES** 4 easily halved or doubled **PREP** 20 mins **COOK** 45 mins **EASY**

400g can chopped tomatoes
600ml chicken stock
1 tsp smoked paprika
good pinch of saffron
1 onion, chopped
1 garlic clove, crushed or finely chopped
2 tbsp olive oil
300g paella rice
4 chicken thighs (skin on or boneless), cut in half
200g chorizo, sliced
150g raw king prawns, leave the shell on a few if you prefer
good handful of frozen peas
1 lemon, quartered (optional)

1 Heat oven to 220C/200C fan/gas 8. Put the chopped tomatoes (including their juice), stock, paprika and saffron in a large heatproof jug or bowl and microwave for about 5 mins on high until steaming hot.
2 Tip the onion and garlic into a generous roasting tin or ovenproof dish, drizzle over the oil and mix to coat. Cook in the oven for 20 mins until beginning to brown.
3 Stir in the rice, chicken, chorizo and hot stock mixture, season well and return to the oven for 20 mins (don't cover).
4 Stir in the peeled prawns and peas, dot any shell-on prawns on top, and return to the oven for 5-10 mins until the rice, chicken and prawns are cooked through. If serving with lemon, a nice touch is to pop the lemon slices on top of the paella for the last 5 mins of cooking, to make them hot and juicy. Check the seasoning and serve at once.

GOOD TO KNOW fibre
PER SERVING energy 642 kcals • fat 25g • saturates 10g • carbs 68g • sugars 4g • fibre 6g • protein 34g • salt 2.8g



Orlando Murrin, food writer and former *Good Food* editor, has run gastro-hotels in France and Somerset. @OrlandoMurrin

## gf customise it...

- If you have 250g cherry tomatoes to hand, cook them with the onions in step 2, omit the can of tomatoes and increase the stock to 1 litre.
- You can spice up this dish by adding a good pinch of chilli flakes to the stock, and if you have fresh herbs to hand, add chopped rosemary in step 3.
- If you're feeling ritzy, finish this dish by stirring in a good knob of butter just before serving.
- Mussels fans can add a handful of scrubbed mussels as well as or instead of the prawns. Discard any that don't open.



Shoot director MIRIAM NICE | Food stylist ESTHER CLARKE | Stylist LUIS PERAL



## Where did this recipe come from?

This might not be what someone from Spain would call paella, but then the Spanish themselves say that there are as many ways to make paella as there are cooks in Spain. Some swear it is a fish dish, others that it must contain rabbit, chicken, or snails. According to who you ask, it should be cooked by a man, or over a fire – or eaten under a fig tree.

rosie's seasonal stars

# celeriac

**Rosie Birkett** shares her favourite recipes using this earthy, underrated root veg

I've been enchanted by celeriac ever since that fateful day on a French campsite, 20 or so years ago, when I first tasted its pearly flesh. Cloaked in mayonnaise, Dijon mustard and chopped parsley, I ate it with rotisserie chicken and a crusty baguette from the local shop. And then, an hour or so later, I greedily scooped it from the container in the caravan's fridge door while my unsuspecting parents sipped G&Ts. It is, without a doubt, a Proustian experience whenever I have it now. Despite it being a variety of celery, it's firmer, creamier, nuttier and sweeter than its green cousin.

Celeriac remoulade is the dish for which this underrated veg is best known, but there is so much more to it than that French staple. Once you've battled past its gnarly exterior, the possibilities are vast. Mixed with grated potatoes, eggs and sage leaves and fried in brown butter, it makes the most delicious rosti-style dish (find the recipe on *bbcgoodfoodme.com*). Cooked in chicken or vegetable stock, or milk, then puréed, it's a good base for creamy, complex soups; cubed and roasted until caramelised, it makes a welcome topping for, or addition to, risottos, pastas, rice dishes and winter salads.

It's become popular to salt-bake whole celeriac, and for good reason: the salt draws out moisture, concentrating the flavour and seasoning the veg, however, I won't ask you to make a salt crust for the recipe on page 34 (after all, you might want to make it midweek). Instead, you'll just need to roast wedges of celeriac on a bed of sea salt for a similar flavour, then brush it with a punchy glaze of butter and gochujang. The latter is a fermented Korean red pepper paste that is sweet, savoury, spicy and funky at once. It keeps in the fridge for ages and can be used in marinades, to give oomph to braises and stews, or in mayonnaise – there's a whole world of fermented chilli out there for you to explore. But, I won't blame you if you just use it to make this glaze on repeat. If you can't get hold of gochujang, a good-quality hot sauce such as sriracha will suffice, or play around with chilli powders. The beauty of this dish is the contrast between the sweet, earthy celeriac and the hot, buttery, citrussy glaze. Once the celeriac is glazed, it's roasted and basted a final time, and meanwhile, you can rustle up the creamy cumin-spiked black beans and fresh green salsa. This makes a satisfying meat-free main, but you can adapt the elements and use this version of celeriac for other dishes.

I also like to peel celeriac into ribbons and treat it like pasta. It works much better than courgetti as a wheat-free alternative because it retains that all-important al dente bite and has more intrinsic flavour to start. Lovely with slow-cooked meat ragus – particularly pork – it's also delicious tossed with sage butter and jarred artichoke hearts, as on page 34, for a speedy midweek meal. It might be a fight to get into, but celeriac has many charms, and I hope you'll unlock some of them with these recipes.

> **"I peel celeriac into ribbons and treat it like pasta"**



*Good Food* contributing editor Rosie Birkett is a food writer and stylist, and a regular on BBC One's *Saturday Kitchen*. Her latest book, *The Joyful Home Cook*, is out now.
@rosiefoodie



**Gochujang-glazed celeriac with black beans & green salsa, p34**

## Gochujang-glazed celeriac with black beans & green salsa

SERVES 2 PREP 30 mins
COOK 45 mins EASY V

handful of sea salt flakes (about 25g)
1 medium celeriac (about 750g), peeled, halved and cut into 3cm-thick wedges
sunflower oil, for frying
1-2 shallots, finely sliced
For the glaze
2 tbsp gochujang paste
50g salted butter
3 tsp honey
1 orange, juiced
2 tsp cornflour
1 tbsp sesame seeds
For the black beans
2 tbsp olive oil
½ tsp cumin seeds
1 bay leaf
1 onion, chopped
small bunch of coriander, stems finely chopped and leaves reserved
pinch of ground coriander
400g can black beans, undrained
½ lime, juiced
For the green salsa
1 green apple, cored and roughly chopped
½ green chilli, deseeded
1 tbsp pumpkin seeds, toasted
½ lime, juiced
1 tbsp olive oil

1 Heat the oven to 200C/180C fan/gas 6. Scatter the salt over a large lined baking tray in an even layer. Put the celeriac on top of the salt and roast for 15 mins on the top shelf of the oven.
2 Meanwhile, make the glaze. Put the gochujang, butter, honey, a pinch of salt, 1 tbsp water, the orange juice and cornflour in a pan and cook, stirring, for 2-3 mins or until smooth. Set aside.
3 Leave the celeriac to cool slightly. Dust off the excess salt and dip in the glaze, turning to coat. Discard the salt from the tray, return the wedges to it and roast for 10 mins more. Glaze again, scatter over the sesame seeds and roast for 10 mins more until caramelised.
4 To make the beans, heat the oil in a heavy-based frying pan over a medium heat. Fry the cumin and bay leaf until sizzling, then add the onion, coriander stems, ground coriander and a good pinch of salt. Fry, stirring, for 8 mins until golden and soft. Add the beans and their liquid and a pinch of salt and bring to the boil. Simmer for 5-8 mins, stirring, until the liquid is almost evaporated and the beans are creamy. Remove the bay leaf and stir in the lime juice. Set aside and keep warm.
5 To make the salsa, put the apple, chilli, pumpkin seeds, lime juice and reserved coriander leaves in a food processor and blitz until combined but chunky. Add the oil and blitz again. Season to taste.
6 Heat the sunflower oil in a non-stick frying pan and fry the shallots over a low-medium heat for 15 mins until just golden and crisp. Put on a plate lined with kitchen paper to drain, then season. Serve the beans topped with the celeriac, crisp shallots and salsa.

GOOD TO KNOW folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 840 kcals • fat 56g • saturates 17g • carbs 52g • sugars 28g • fibre 27g • protein 18g • salt 4.8g

# 3 more ways with celeriac

## Celeriac 'pasta' with artichokes, black pepper & sage butter

SERVES 2 PREP 15 mins
COOK 5 mins EASY V

Squeeze some **lemon juice** into a bowl of water. Shave long ribbons from **1 medium peeled celeriac** using a vegetable peeler and drop into the bowl. *Keep anything you can't peel for stock.* Bring a large pan of salted water to the boil and cook the 'pasta' for 1 min. Drain, reserving some of the cooking water. In a non-stick pan, melt **40g butter**. Add **6 sage leaves** and ½ tsp freshly ground black pepper, swirling the pan until fragrant. Toss in a **handful of chopped artichoke hearts from a jar** and fry, stirring, until coated. Add the celeriac 'pasta', a splash of the reserved water and a squeeze of lemon. Toss and season. Top with **grated parmesan** or a **vegetarian alternative**.

GOOD TO KNOW calcium • folate • fibre • 2 of 5-a-day • gluten free
PER SERVING 316 kcals • fat 24g • saturates 13g • carbs 9g • sugars 4g • fibre 17g • protein 7g • salt 3.1g

## Celeriac cooked in olive oil

SERVES 2 as a side PREP 5 mins
COOK 15 mins EASY V

Peel **1 medium celeriac** and cut into bite-sized chunks. Put in a saucepan with **2 tbsp extra virgin olive oil** and **1 bay leaf** or **thyme sprig**, depending on what you have. Season with a pinch of sea salt, cover and slowly cook over a medium heat. Cook, shaking the pan every so often, for 10-15 mins until the veg is tender, then remove and discard the bay leaf or thyme sprig. Serve as a side dish, or mash with a little more olive oil and top with a poached egg. You could also blitz it in a food processor with a dash of oat milk for a creamy purée, or stir in some creamed horseradish to eat with roast meats.

GOOD TO KNOW vegan • healthy • folate • fibre • 1 of 5-a-day • gluten free
PER SERVING 214 kcals • fat 14g • saturates 2g • carbs 11g • sugars 8g • fibre 14g • protein 4g • salt 0.9g

## Shaved celeriac, hazelnut & mushroom salad with lemon & thyme

SERVES 2-4 PREP 15 mins
COOK 10 mins EASY V

Roast **30g hazelnuts** for 8-10 mins at 200C/180C fan/gas 6, rub with a clean tea towel to remove the skins and roughly chop. Peel **1 small celeriac**, then finely shave using a vegetable peeler. Put in a bowl and drizzle over **1 tbsp lemon juice**. Toss to combine. Finely slice **125g chestnut**, **oyster** or **king oyster mushrooms** lengthways (they should be very fresh; if they aren't, fry them in a little butter). Toss with the celeriac. Whisk **80ml extra virgin olive oil** with the **leaves of 2 thyme sprigs**, the **juice of ½ lemon** and a pinch of sea salt. Stir in the hazelnuts. Shave **20g parmesan or a veggie alternative** into the bowl with the celeriac and mushrooms. Drizzle over the dressing and top with more cheese.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING (4) 277 kcals • fat 27g • saturates 4g • carbs 2g • sugars 2g • fibre 4g • protein 5g • salt 0.6g

# INSTANT EXPERT ITALIAN

A heavenly menu of buttery pasta, rich beef stew and beautiful biscuits. Pair with a full-bodied red, then imagine you're feasting in the Italian Alps

*recipes* ELENA SILCOCK *photographs* STUART OVENDEN

Eating together the Italian way – the sharing of good homemade food, paired with flowing grape and conversation – seems to me the perfect way to spend time with friends and family. It was this ideal that inspired my feasting menu, starting with a beautiful and bitter radicchio salad, then the obligatory pasta course, followed by a hearty short rib stew, before finishing with *baci di dama*, buttery hazelnut shortbread filled with dark chocolate, served with strong coffee. Gather your loved ones around the table for a traditional northern Italian dinner.

## Beef in barolo

*Using a fatty cut of beef, such as short ribs, enriches this delicious and indulgent slow-cooked stew. Warming and unctuous, this dish exudes the richness of northern Italian cuisine. To further intensify the flavours, it's well worth marinating the beef in the barolo with the aromatics the night before.*

**SERVES** 4 **PREP** 10 mins plus chilling **COOK** 4½ hrs **EASY**

- 4 small short ribs
- 750ml bottle barolo (or a non-alcoholic, full-bodied red alternative)
- 1 rosemary sprig
- 1 thyme sprig
- 5 sage leaves
- 1 bay leaf
- 1 tsp black peppercorns
- 1 tsp juniper berries
- 2 tbsp vegetable oil
- 250ml chicken stock
- 2 large onions, quartered
- 2 large carrots, cut into long wedges
- soft polenta with a drizzle of truffle oil, to serve (see best buys, p51)

**1** The night before, put the beef in a large bowl. Pour over the barolo, add the herbs, peppercorns and juniper berries, and leave to soak overnight. The following day, remove the beef and pat dry, setting aside the grape and aromatics. (You can skip this step if you don't have time.)
**2** Heat oven to 160C/140C fan/gas 3. Heat 1 tbsp of the vegetable oil in a large casserole. Add the beef, browning all over except for on the bone side, then remove and set aside. Add the barolo, herbs, peppercorns and juniper berries. Boil for around 15 mins until reduced by half, then return the meat to the pan and add the stock. Return the mixture to the boil, then cover with a lid and cook in the oven for 2½ hrs.
**3** Fry the onion and carrot in a frying pan over a high heat until golden brown, then set aside. Remove the stew from the oven and carefully lift out the meat. Sieve the remaining pan contents into a large jug, discarding the contents of the sieve. The fat from the beef will rise to the surface – skim it off. Pour the skimmed sauce back into the casserole dish, then add the browned veg and meat. Cover, then return to the oven for another 1½ hrs, removing the lid for the last 30 mins to let the sauce reduce, then serve with polenta drizzled with truffle oil.

GOOD TO KNOW fibre • iron • 2 of 5-a-day
PER SERVING 751 kcals • fat 48g • saturates 18g • carbs 16g • sugars 13g • fibre 6g • protein 26g • salt 0.4g


Beef in barolo, p35
Tajarin pasta with sage butter
Grilled radicchio with fontina
Polenta



# Grilled radicchio with fontina

*If you can't find fontina cheese, parmesan or pecorino will be just as delicious.*

**SERVES** 4 **PREP** 5 mins **COOK** 5-8 mins **EASY**

2 radicchio heads, sliced through the core into wedges
2 tbsp olive oil, plus extra to serve
1 tbsp balsamic vinegar, plus extra to serve
2 tbsp thyme leaves
50g fontina, shaved or finely sliced

**1** Heat grill to medium, around 160C. Lie the radicchio on a baking sheet and season. Whisk the oil and vinegar together, then drizzle over the radicchio. Grill for 5-8 mins, turning regularly – you want the veg to be softened and cooked through, but not too charred.
**2** Serve on a large platter, topped with a scattering of thyme leaves and the fontina. Drizzle with a little more olive oil and balsamic vinegar, season, then serve.

GOOD TO KNOW folate • 1 of 5-a-day
PER SERVING 145 kcals • fat 10g • saturates 3g • carbs 7g • sugars 2g • fibre 2g • protein 6g • salt 0.4g



# Tajarin pasta with sage butter

*The key to this dish is to use the richest fresh egg pasta you can find (see cook like a local, right).*

**SERVES** 4 **PREP** 5 mins **COOK** 10 mins **EASY** **V**

100g butter
small pack sage, leaves picked
100ml chicken or vegetable stock
½ lemon, juiced
350g fresh egg taglierini (or fresh egg tagliatelle or linguine)
grated parmesan (or vegetarian alternative), to serve

**1** Melt the butter in a frying pan. Add the sage leaves, then cook on a low heat until the butter turns nutty and smells biscuity. Scoop out the sage leaves and set aside. Add the stock and half the lemon juice, and whisk well.
**2** Bring a large pan of salted water to the boil. Tip in the pasta and cook following pack instructions, then use tongs or a spaghetti spoon to transfer it to the butter pan. Toss well, adding a spoonful of the pasta water if needed to loosen the sauce. Add extra lemon juice and seasoning to taste.
**3** Divide between warm pasta bowls and serve topped with the sage leaves, lots of black pepper and parmesan.

PER SERVING 458 kcals • fat 23g • saturates 14g • carbs 49g • sugars 2g • fibre 3g • protein 11g • salt 0.6g



# Baci di dama

*Nicknamed 'lady's kisses', these little biscuits are the perfect accompaniments to your post-dinner coffee.*

**MAKES** 16 biscuits **PREP** 15 mins plus chilling and setting **COOK** 20 mins **EASY** **V**

100g blanched hazelnuts, toasted
100g butter
100g caster sugar
100g flour (preferably '00' flour)
for the filling
100g dark chocolate, broken into small pieces

**1** Blitz the hazelnuts to fine crumbs, but be careful not to over-blitz – you don't want them to become oily. Add the butter and sugar, and blitz again until really creamy, then tip the mixture into a bowl and sift in the flour. Mix with your hands, then chill in the fridge for an hour or until firm enough to roll.
**2** Heat oven to 180C/160C fan/gas 4 and line a large baking sheet with baking parchment. Tear off teaspoon-sized chunks of mixture and roll into balls, then place on the lined sheet around 2 cm apart. Bake for 15 mins until golden brown, then transfer to a wire rack to cool.
**3** To make the filling, heat the chocolate in a bowl in the microwave, stirring every 10 secs until fully melted. Spread a small spoonful of chocolate on half the cooled biscuits. Leave to set for 15 mins (see tip, below), then sandwich the remaining biscuits on top. Leave the *baci di dama* to set completely (put them in the fridge if the kitchen is warm). Serve with coffee.

PER BISCUIT 173 kcals • fat 12g • saturates 5g • carbs 14g • sugars 8g • fibre 1g • protein 2g • salt 0.12g

**gf tip**
**Leaving the chocolate to set a little before topping with another biscuit means that the filling won't spread over the edge and the biscuits won't slide off each other.**









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# WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



*COOK WITH LOVE*

**Valentine's dinner for 2, p40**



*WEEKEND BAKE*

**Tres leche cake, p55**



*FRIDAY FISH*

**Tommy's fishcakes, p56**



*PLANET*
*PLANET, p46*



*SLOW COOKER*

**Beef goulash, p58**

gf

TOM KERRIDGE

# Cook with love

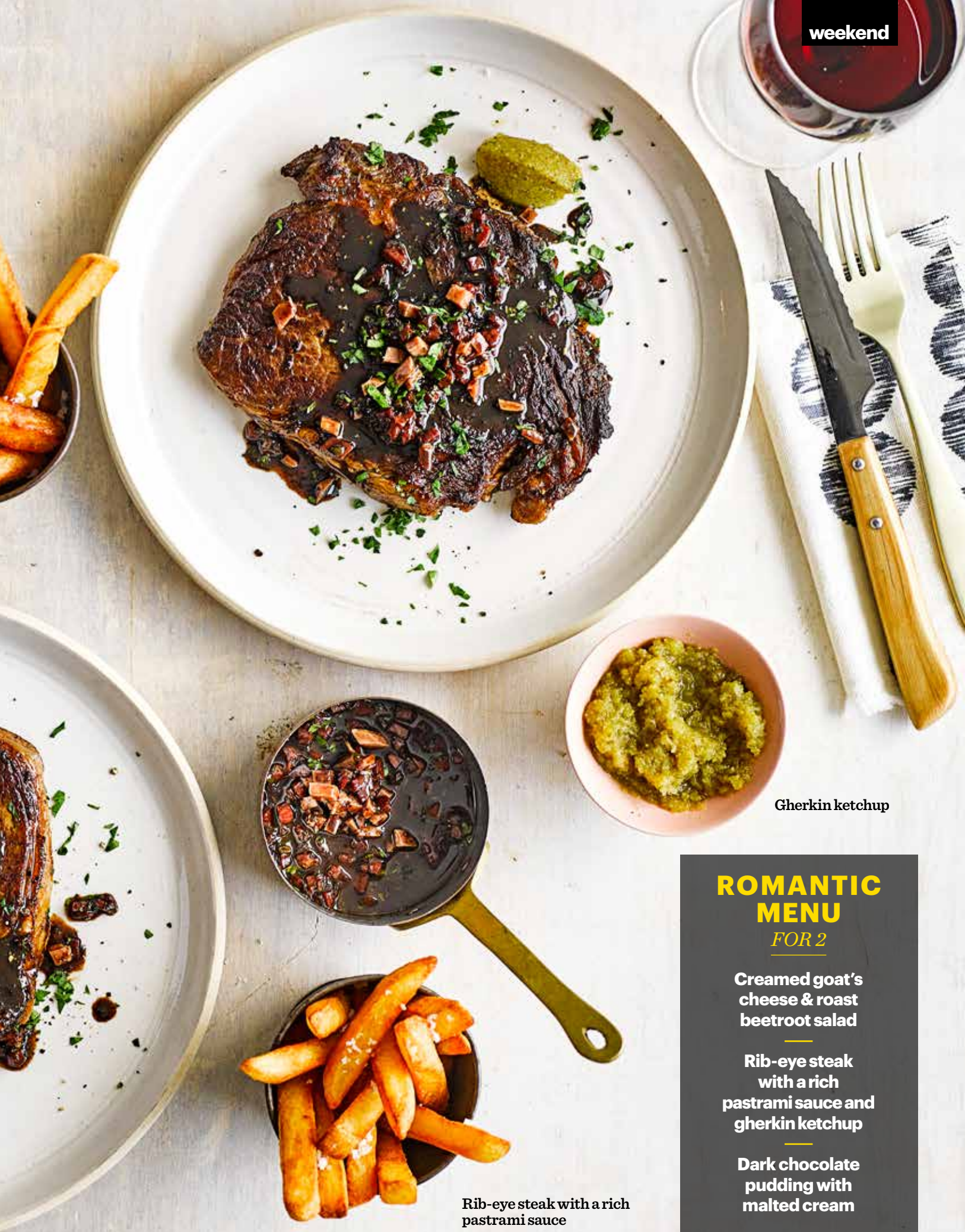
Staying in is the new going out this Valentine's Day with a menu for two from **Tom Kerridge's** new Bar & Grill

***photographs*** SAM STOWELL

*Nothing says 'I right like you' better than going to the effort of cooking for someone or saving up the money to take them out to eat somewhere decent. Here, for Valentine's Day, or whenever you feel like showing some love through food, I've combined both concepts so you can cook a replica menu from my new Bar & Grill at the Corinthia in London. I've chosen the dishes that are easiest to make and kept the flavours familiar with some extra touches. Plus, the starter and dessert can be totally prepared ahead and just need assembling so you can spend more time wooing that someone special.*
*Happy Valentine's Day,*
***Tom x***



*Good Food* contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and The Butcher's Tap in Marlow, and Kerridge's Bar & Grill at The Corinthia Hotel, London. His latest book, *Tom Kerridge's Fresh Start*, is out now.
*@ChefTomKerridge*



Gherkin ketchup

Rib-eye steak with a rich pastrami sauce

## ROMANTIC MENU

*FOR 2*

**Creamed goat's cheese & roast beetroot salad**

**Rib-eye steak with a rich pastrami sauce and gherkin ketchup**

**Dark chocolate pudding with malted cream**



## Creamed goat's cheese & roast beetroot salad

*This salad is bursting with flavour and colour but the secret to making it impressive is how you plate it. Rather than just tossing it together in a bowl, build the ingredients up on the plate so they stand out.*

**SERVES** 2-3 **PREP** 20 mins
**COOK** 1 hr **EASY** **V**

2 medium beetroot, washed
3 tbsp olive oil
1/4 small ciabatta loaf, thinly sliced
100g ash log goat's cheese
50g low-fat crème fraîche
1/2 tsp picked thyme leaves
drizzle truffle oil (optional)
1 red chicory
1 Granny Smith apple
1 tbsp chopped toasted hazelnuts
1 orange, zested, to serve
For the dressing
4 tbsp olive oil
1 shallot, finely chopped
2 tbsp balsamic vinegar

**1** Heat oven to 180C/160C fan/gas 4. Roll the beetroot in half the olive oil in a small roasting tin, season, cover with foil and bake for 1 hr – check it's cooked by pushing a knife into the beetroot, it should go in easily. Remove from the oven and leave to cool. Leave the oven on. Meanwhile, whisk all the dressing ingredients together. Place the ciabatta on a tray, drizzle with the remaining olive oil and bake for 8 mins until crisp, then leave to cool. When the beetroot is cool enough to handle, peel, cut into wedges and add to the dressing to lightly pickle. *Can all be done up to two days ahead.*
**2** Break the goat's cheese into small chunks in a bowl, beat with a spoon, then add the crème fraîche, thyme, truffle oil, if using, and some cracked black pepper, then whisk until light and fluffy. Spoon into a piping bag and chill. *Can be done two days ahead.*
**3** Halve the chicory and remove the core with a sharp knife, then slice the leaves. Add to the bowl with the beetroot. Cut the cheeks off the sides of the apple and finely slice. To serve, pipe the goat's cheese onto each plate, then build the beetroot up around it. Press the chicory into the cheese and spoon over the dressing, then add the apple. Break the croutons into random shapes and press into the cheese too. To finish, scatter over the nuts and orange zest.

GOOD TO KNOW folate • 2 of 5-a-day
PER SERVING (3) 534 kcals • fat 42g • saturates 12g • carbs 25g • sugars 12g • fibre 4g • protein 13g • salt 0.8g

## Rib-eye steak with a rich pastrami sauce

*Steak and chips is hands-down the most popular main course in all my restaurants every Valentine's. I like to give it a bit of a New York deli vibe and beef up the sauce with chopped pastrami, and serve it with a tangy gherkin ketchup on the side.*

**SERVES** 2 **PREP** 30 mins **COOK** 20 mins **EASY**

2 rib-eye steaks (about 250g each)
2 tbsp vegetable oil
80g butter
2 garlic cloves
2 thyme sprigs
1/2 lemon, juiced
1 shallot, finely chopped
100ml red wine (or non-alcoholic alternative)
200ml fresh beef stock
50g pastrami, finely chopped
1 green chilli, deseeded and chopped
1 tbsp chopped parsley
chips (use ready-made or see *bbcgoodfoodme.com* for a recipe) and gherkin ketchup, to serve

**1** Season the steaks with salt. Heat the oil in a frying pan large enough to fit both steaks, then add half the butter and once melted and foaming, add the garlic and thyme. Carefully put the steak in the pan and cook for 3 mins for rare, 4 mins for medium and 6 mins for well done, flip the steak and repeat. Once cooked, add a squeeze of lemon juice to the pan and spoon the lemony butter over the steak. Transfer the steaks to a warm plate and cover.
**2** Pour off the fat from the pan, discard the garlic and thyme and wipe out with kitchen paper. Place the pan back on the heat, add half the remaining butter, and once melted, add the shallot and fry for 30 seconds, then add the wine and reduce to a glaze. Pour in the stock and bring up to the boil, then add the pastrami and chilli and warm through. Finally, stir in the parsley. Put the steaks on plates and spoon over the sauce, with the ketchup (see recipe below) and chips on the side.

GOOD TO KNOW iron
PER SERVING 851 kcals • fat 62g • saturates 28g • carbs 3g • sugars 2g • fibre 1g • protein 60g • salt 1.8g

## Gherkin ketchup

*This delivers maximum impact for minimum effort. It's nothing more than some blitzed-up gherkins, but your guests will think you're a pickling genius.*

**SERVES** 2 **PREP** 5 mins **COOK** 15 mins **EASY** **V**

200g gherkins from a jar, sliced
250ml gherkin pickle liquor
25g caster sugar

Tip all the ingredients into a pan. Bring to the boil and simmer for 10-15 mins until almost all of the liquid has evaporated. Pour the gherkins into a blender and purée until smooth. Then pass through a fine sieve and chill in the fridge. *Can be made up to five days ahead, just give it a stir before serving. Best served at room temperature.*

GOOD TO KNOW vegan • low fat • 1 of 5-a-day • gluten free
PER SERVING 95 kcals • fat 1g • saturates none • carbs 20g • sugars 20g • fibre 1g • protein 1g • salt 2.9g

Shoot director RACHEL BAYLY | Food stylist JENNIFER JOYCE | Stylist SARAH BIRKS

## Dark chocolate pudding with malted cream

*This is a firm favourite of our customers – the perfect balance of richness and texture. This makes three as I think you should always be able to offer seconds when it comes to a Valentine's dessert, plus they keep well if not eaten on the evening. The best thing about this recipe though is how versatile it is – make it ahead and leave it to cool and you've got a chocolate pudding, or bake it for a few minutes less and serve it hot as a gooey fondant.*

**SERVES** 3 **PREP** 15-20 mins
**COOK** 15 mins **EASY** V

**For the puddings**
60g butter, plus extra for the ramekins
2 tbsp cocoa powder
100g 70% dark chocolate
2 eggs
100g caster sugar
½ tsp malt powder (we used Ovaltine)

**For the cream**
100ml double cream
2 tbsp muscovado sugar
1 tbsp malt powder

**To serve**
9 Maltesers, crushed into large chunks
3 glacé cherries, cut in half
1 tbsp chopped salted pistachios

**1** Butter three ramekins, dust with cocoa and set aside. Heat oven to 200C/180C fan/gas 6. Melt the butter and chocolate in a bowl over a pan of simmering water. In a separate bowl, whisk together the eggs and sugar until light and fluffy, then whisk in the chocolate mixture with the malt powder and a pinch of salt. Divide the mixture between the ramekins and bake for 14 mins until they are just cooked with a slight wobble in the middle to make a fondant, or 18 mins for a pudding. Remove from the oven, turn out and serve warm now, or leave to cool in their ramekins.

**2** Whisk the cream, sugar and malt powder together to soft peaks. Carefully turn the puddings out onto plates, then pile on the Maltesers, cherries and pistachios, and serve with the malted cream.

**GOOD TO KNOW** iron
**PER PUDDING** 798 kcals • fat 54g • saturates 32g • carbs 65g • sugars 58g • fibre 5g • protein 10g • salt 0.5g





ONE FOR THE CAKE TIN

# BLOOD ORANGE *POUND CAKE*

Traditionally, this American staple was made with a pound (or around 450g) each of eggs, butter, sugar and flour. This modern version has a tang of soured cream and sharp blood orange icing to balance the sweetness

*recipe* ESTHER CLARK *photograph* MIKE ENGLISH

## Blood orange pound cake

**SERVES** 10 **PREP** 25 mins
**COOK** 50 mins **EASY** **V**
❄ sponge only

150g unsalted butter, softened, plus extra for the tin
250g caster sugar
3 medium eggs, at room temperature
250g plain flour
1½ tsp baking powder
¼ tsp bicarbonate of soda
½ tsp fine sea salt
100g full-fat soured cream
3 blood oranges, finely zested
3 tbsp chopped pistachios, to decorate (optional)
candied peel, to decorate (optional, see tip, right)

For the icing
170g icing sugar, sifted
2-3 tbsp blood orange juice

1 Heat the oven to 180C/160C fan/gas 4 and butter and line a 1-litre loaf tin.
2 Beat the butter and sugar in a bowl for 8 mins until fluffy and very pale. Beat in the eggs one at a time. Fold in the flour, baking powder, bicarbonate of soda and salt, then the soured cream and zest. Spoon into the tin and bake in the centre of the oven for 45-50 mins, or until a skewer inserted into the middle comes out clean. Leave to cool slightly in the tin, then turn out onto a rack to cool completely.
2 To make the icing, combine the sugar and juice and spoon over the cake. Sprinkle over the pistachios and candied peel, if using (see tip, right). *Will keep in an airtight container for up to three days.*

PER SERVING 420 kcals • fat 16g • saturates 10g • carbs 63g • sugars 43g • fibre 2g • protein 5g • salt 0.6g

### gf tips

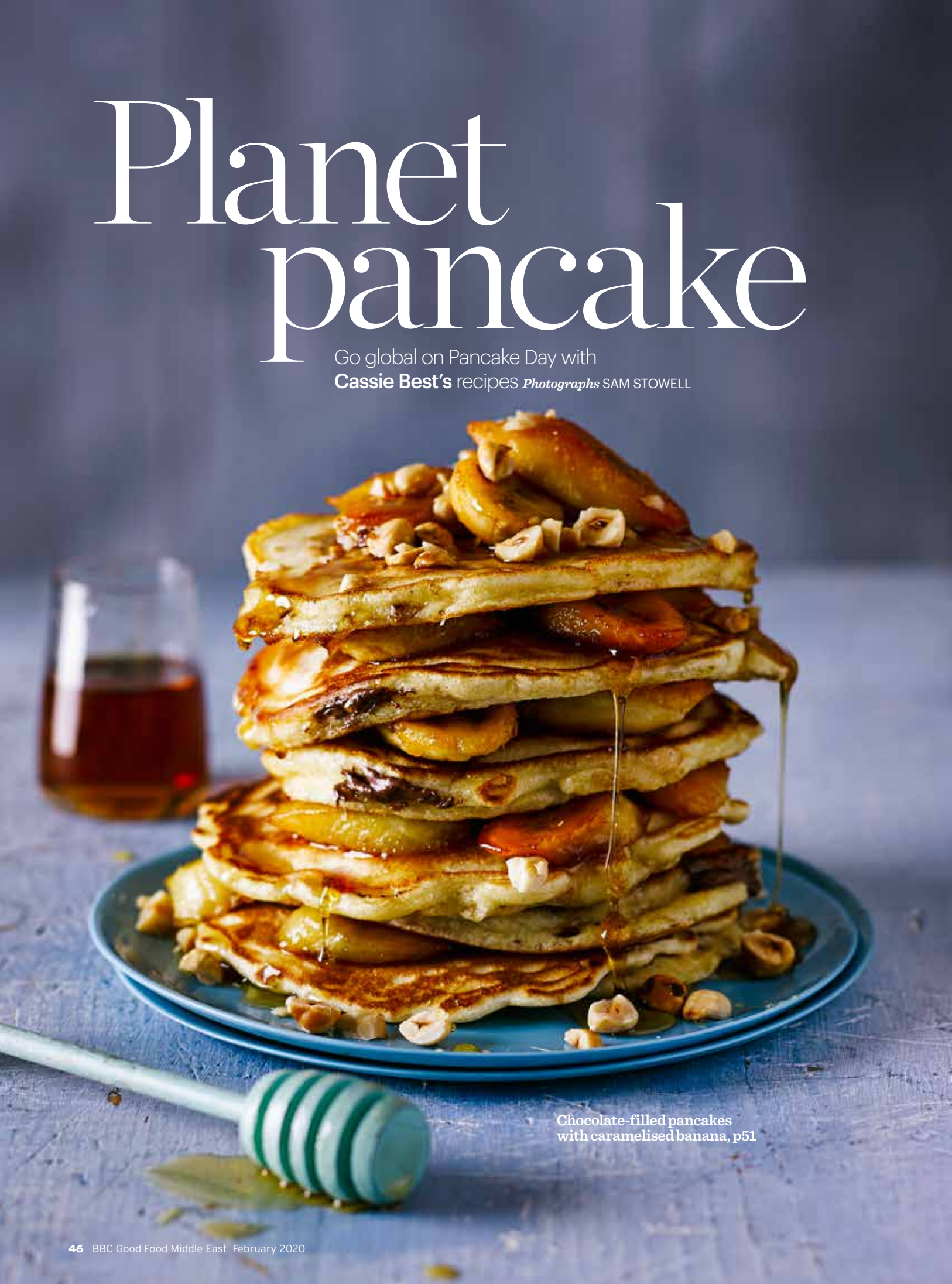
- Beat the butter and sugar for the recommended time, and don't overmix when adding the dry ingredients. Gently incorporating these will result in a softer sponge with a finer texture.

- To make your own candied peel, use a vegetable peeler to peel large, wide strips of zest from 2 blood oranges. Remove any pith with a knife, then slice the peel into thin matchsticks. Tip 200g granulated sugar into a saucepan with 200ml water and warm over a medium heat until the sugar has dissolved. Add the peel and simmer gently for 15 mins. Scoop the candied peel out of the sugar syrup using a slotted spoon and transfer to a piece of baking parchment. Leave to cool completely.



# Planet pancake

Go global on Pancake Day with **Cassie Best's** recipes *Photographs* SAM STOWELL



Chocolate-filled pancakes with caramelised banana, p51



Sweet potato masala dosa with coconut raita, p50



Cocktail blinis, p26



Crispy pancakes with creamy chicken & bacon, p51



*'Pancakes are popular the world over, from pillowy sweet breakfasts, American style, to savoury street food snacks across India and Asia. Why not cook up something different on Pancake Day this year?'*

## Sweet potato masala dosa with coconut raita

*Dosas are thin savoury pancakes, traditionally made from fermented rice and lentils that have been ground to a paste and mixed with water. This vegetarian dish originates in southern India, where it's often eaten for breakfast and served with chutney, sambar (lentil & tamarind stew) or a spiced potato filling, which transforms it into a masala dosa.*

*Getting a crispy paper-thin texture at home is tricky, but I get good results by combining gram (chickpea) flour and plain flour.*

**SERVES** 4 **PREP** 40 MINS PLUS 24 HRS CHILLING **COOK** 50 MINS
**EASY** V ❄

**For the dosa**
100g/4oz gram flour
100g/4oz plain flour
200ml/7fl oz milk

**For the masala filling**
4 sweet potatoes (about 750g/1lb 10oz), peeled and chopped into small cubes
3 tbsp vegetable or sunflower oil
2 tsp each black mustard seeds, fennel seeds and cumin seeds
1 fat red chilli, chopped (deseeded if you don't like it too hot)
1 large onion, halved and thinly sliced
4 garlic cloves, crushed
thumb-sized piece ginger, peeled and finely chopped
small bunch coriander, stalks only, finely chopped (save the leaves for the raita)
2 tbsp fresh or dried curry leaves
1 tsp each ground turmeric and ground coriander
Indian chutneys and pickles, to serve

**For the raita**
200g/7oz fresh coconut, coarsely grated
125g pot coconut yogurt (I used CoYo)
small bunch coriander, leaves only, finely chopped (reserve a few leaves to serve)
zest 1 lime, juice of ½, the other ½ cut into wedges to serve

*'In India, you'll see street vendors swirling the thin batter over a hot pan – a tava – in the same manner as the French do with crêpes.'*

**1** For the best flavour and texture, the dosa pancake batter is best made at least 24 hrs ahead. Measure the flours into a large bowl, add the milk, season with salt and add 300ml water. Whisk to a smooth batter, then cover with cling film and chill for 24 hrs or up to 5 days.
**2** Heat oven to 200C/180C fan/gas 6. Toss the sweet potato in a drizzle of the oil and spread out on a large baking tray. Cook for 20 mins, stirring on the tray once or twice during cooking, until soft and starting to caramelise. Meanwhile, heat the remaining oil in a large pan and fry the mustard, fennel and cumin seeds for 30 secs or so until fragrant. Stir in the chilli, onion, garlic, ginger, coriander stalks and curry leaves, and cook over a low heat for 10 mins until the onion is really soft. Stir in the ground spices for 15 secs, then add 100ml water and bubble to bring all the flavours together.
**3** Stir the sweet potato into the pan and season well. Use the back of your spoon to crush some of the sweet potato, leaving some pieces chunkier – the mixture should resemble very chunky mash. Keep the mixture warm until the pancakes are ready (or leave it to cool, then chill for up to 2 days – gently reheat in the pan or microwave before continuing).
**4** To make the raita, put the grated coconut in a bowl, stir in the coconut yogurt, coriander, lime zest and juice, and a pinch of salt. If the yogurt is very thick, loosen it with 1-2 tbsp water. Chill until ready to serve (you can make this up to 2 days ahead too, but stir in the coriander just before serving).
**5** Heat the oven to its lowest setting and put a plate inside ready to keep the dosas warm once you've cooked them. If the dosa batter has thickened in the fridge, thin it with a splash of water – it should be the consistency of double cream. Use a little oil to grease your largest frying or crêpe pan, wiping out the excess oil with some kitchen paper. Pour a ladleful of batter into the centre of the pan and quickly swirl it around to fill the surface, getting the pancakes as thin as you can. When the surface of the pancake looks almost dry, spoon a quarter of the filling down the centre. When the pancake is deep golden-brown and crisp on the underside, roll it up in the pan to encase the filling, cook for 1 min more, then transfer to the oven to keep warm while you continue cooking the remaining dosas.
**6** Any leftover batter will keep well in the fridge for 4 days (if the batter was made the day before, don't keep for longer than 5 days in total). Serve the dosas with the coconut raita, lime wedges and remaining coriander leaves, with your favourite Indian chutneys and pickles on the side.

**GOOD TO KNOW** clacium • fibre • vit C • iron • 2 of 5 days
**PER SERVING** 803 kcals • fat 36g • saturates 22g • carbs 96g • sugars 35g • fibre 18g • protein 16g • salt 0.4g

## Chocolate-filled pancakes with caramelised banana

*American-style pancakes have become hugely popular in the UK. Thicker and fluffier than our traditional pancakes, they soak up syrup like sponges and go so well with crispy bacon or banana.*

**SERVES** 4 **PREP** 25 MINS **COOK** 30 MINS **A LITTLE EFFORT** V ❄

200g/7oz self-raising flour
1½ tsp baking powder
3 tbsp golden caster sugar
3 large eggs
25g/1oz melted butter, plus extra for cooking
200ml/7fl oz milk
drizzle of vegetable or sunflower oil
200g/7oz chocolate hazelnut spread
2 large bananas, peeled and thickly sliced on an angle
maple syrup and 4 tbsp toasted chopped hazelnuts, to serve

**1** To make the pancake batter, mix the flour, baking powder, 1 tbsp sugar and a pinch of salt in a large bowl with a whisk. Make a well in the centre, crack in the eggs and add the melted butter and milk. Whisk the wet ingredients in the centre until combined, then gradually incorporate the dry ingredients until you have a thick, smooth batter. Transfer to a jug (or see tip, right). Heat the oven to its lowest setting and put a couple of baking trays in to keep the pancakes warm as you cook them.
**2** Heat a knob of butter and a drizzle of oil in a large, non-stick frying pan over a medium heat. When the butter is foaming, pour rounds of batter into the pan, about 8cm wide – leave space between them as they will expand as they cook. Scoop teaspoons of chocolate spread from the jar and pop one in the centre of each pancake, then use a tiny bit more batter to just cover the chocolate spread. Continue cooking for 1-2 mins until the underside is golden brown, then carefully flip the pancakes and cook for 1 min more on the other side. When golden, transfer to a baking tray and keep warm in the oven while you cook the next batch.
**3** When the pancakes are all cooked, caramelise the bananas. Wipe the frying pan clean with kitchen paper and scatter in the remaining 2 tbsp sugar. Heat the sugar until it melts and starts to bubble to a deep amber colour, then toss in the bananas and coat them in the caramel. If the sugar hardens, drizzle in a little maple syrup or water, then bubble for 30 secs until syrupy.
**4** Serve the pancakes stacked with the caramelised banana pieces between the layers and more piled on top. Drizzle over the maple syrup, then scatter over the hazelnuts.

**GOOD TO KNOW** clacium • fibre
**PER SERVING** 797 kcals • fat 37g • saturates 12g • carbs 94g • sugars 57g • fibre 6g • protein 18g • salt 14g

### Perfect American-style pancakes

- **If you have a disposable piping bag, snip off the end and use it to smoothly pipe the uncooked batter into the pan.**

## Crispy pancakes with creamy chicken & bacon

*This recipe is in homage to a schooldays favourite of mine. My mum always served them on Friday nights after swimming – we'd come home ravenous and the crispy pancakes filled with creamy chicken always did the trick.*

**SERVES** 4 **PREP** 40 MINS PLUS COOLING **COOK** 50 MINS **EASY** ❄ P

For the filling
2 tbsp olive or rapeseed oil
2 chicken breasts
200g pack smoked bacon lardons
1 onion, chopped
200g/7oz chestnut mushrooms, finely chopped
3 tbsp flour
400ml/14fl oz milk
handful parsley, chopped
For the pancakes
100g/4oz plain flour
2 large eggs, plus 1 beaten for brushing
150ml/¼ pt milk
50g/2oz breadcrumbs
salad or baked beans, to serve (optional)

**1** Heat 1 tbsp oil in a large frying pan. Cook the chicken breasts for 5-8 mins each side until golden brown and cooked through, then transfer to a plate. Tip the lardons into the pan and sizzle for a few mins until crispy, then tip out onto the plate with the chicken.
**2** If the pan looks dry, add the remaining oil, then the onion. Cook for 5 mins until softened and translucent, then stir in the mushrooms and some seasoning. Cook for 5-10 mins until the mushrooms are soft and most of the liquid in the pan has cooked. Stir in the flour, mixing it into the mushrooms to make a chunky paste, then pour in the milk, a little at a time, whisking continuously until you have a smooth sauce. Bubble for 2-3 mins until thick. Chop the chicken into small chunks and add back to the pan along with the lardons and any juices from the plate. Check the seasoning, stir in the parsley, then leave to cool and chill until you're ready to fill the pancakes.
**3** To make the pancakes, tip the flour into a large bowl and season with 1/2 tsp salt. Make a well in the centre and crack in the 2 eggs. Pour in the milk, then use a large whisk to combine the eggs and milk, working the flour into the liquid until you have a smooth, thin batter. Heat a large frying pan or crêpe pan with a drizzle of oil.
**4** When the pan is hot, pour in just under a ladleful of the batter and quickly swirl the pan to spread it across the surface, filling any gaps with an extra drizzle of batter. When the underside of the pancake is golden, flip and cook for 30 secs more. Transfer to a plate and make three more pancakes in the same way, then cool until you're ready to assemble. If you want to make the pancakes a day ahead, once cool stack on a plate, separated with sheets of baking parchment, then wrap the plate in cling film. Chill for up to 2 days.
**5** Heat oven to 200C/180C fan/gas 6 and line two baking trays with baking parchment. Take one pancake and brush a circle of beaten egg around the edge. Pile a quarter of the chicken mixture into the centre of the pancake (the sauce should have thickened while chilling), then fold the pancake over and press the edges together to make a pasty shape. Transfer to a baking tray and continue assembling the remaining pancakes. Brush the top of each one with more egg and scatter over the breadcrumbs, then bake for 20-25 mins, swapping the trays halfway through. Leave to cool for 5 mins before serving with salad or baked beans, if you like.

**GOOD TO KNOW** clacium • folate • 1 of 5 a day
**PER SERVING** 577 kcals • fat 23g • saturates 7g • carbs 49g • sugars 9g • fibre 4g • protein 42g • salt 2.7g

## Cocktail blinis

*Blinis are an eastern European pancake similar to fluffy American pancakes, but much daintier. They're often made with buckwheat flour, so I've added a little to this batter. I love the distinctive flavour.*

**SERVES** 8 (MAKES ABOUT 32) **PREP** 40 MINS **COOK** 20 MINS **EASY** ❄

**For the blinis**

200ml/7fl oz milk
½ tsp golden caster sugar
25g/1oz butter, plus extra for frying
100g/4oz strong white flour
75g/2½oz buckwheat flour
1 tsp fast-action dried yeast
2 large eggs, separated

**For the beetroot & Quail's egg topping**

8 quail's eggs
140g/5oz cooked beetroot (about 2, not in vinegar), drained
3 tbsp cream cheese
½ pack cress

**For the smoked salmon & cucumber topping**

150g pack hot-smoked salmon
3 tbsp cream cheese
zest and juice ½ lemon
blob horseradish paste (optional)
½ cucumber
salmon roe or caviar (optional)

**1** Heat the milk in a saucepan until just steaming, then remove from the heat and stir in the sugar and butter, swirling until the butter melts. Tip the flours and yeast into a bowl and season with 1/4 tsp salt. Make a well in the middle and pour in the milk mixture and the egg yolks. Whisk until you have a smooth batter, then cover with cling film and set aside for 1 hr (if you want to make the blinis ahead and freeze them, jump to step 4).

**2** Meanwhile, prepare the toppings. Bring a large pan of water to the boil, add the quail's eggs and cook for 2½ mins. Drain the eggs and run under cold water, then leave to cool completely. Tip the beetroot and cream cheese into a food processor and season with a pinch of salt and a generous grind of black pepper. Whizz to a purée, then scrape into a bowl and chill until ready to serve.

**3** For the salmon topping, flake the salmon into a bowl, add the cream cheese, lemon zest and juice, and horseradish, if using. Mash everything together with a fork, then chill until ready to serve. Peel the cucumber into long strips using a vegetable peeler, discarding the seedy middle part, and pop into a bowl of cold water.

**4** Check the blini batter – it should be bubbly on the surface. Tip the egg whites into a bowl and whisk until they hold soft peaks. Add to the blini batter and gently fold together, trying to keep as much air in the mixture as possible.

**5** Get a wire rack or two ready to cool the blinis (this will prevent them from going soggy when cooling). Heat a knob of butter and a drizzle of oil in a large pan (if you have two pans, this will speed things up). When the butter is foaming, spoon tablespoons of the batter into the pan, leaving space between each one as they will spread a little. Cook over a medium heat until bubbles pop on the surface and the undersides are golden brown. Flip over and cook for 1-2 mins more, then transfer to the rack to cool. Wipe out the pan and continue cooking the remaining blinis in the same way. Will keep in an airtight container for 1 day, or freeze the cooked blinis on a baking tray covered with cling film, then foil, for up to a month. Defrost at room temperature before topping.

**6** To assemble, top half the blinis with the beetroot purée, peel and halve the eggs and place them on top, then scatter with cress and season with a little black pepper. Top the remaining blinis with the salmon pâté. Dry the cucumber slices well and ruffle each piece back on itself, then squash firmly between your fingers so it lays flat. Place them on top of the salmon, add a tiny blob of caviar and eat as soon as possible, preferably with glasses of fizz!

**GOOD TO KNOW** folate
**PER SERVING** 320 kcals • fat 21g • saturates 12g • carbs 18g • sugars 3g • fibre 2g • protein 13g • salt 1.5g

## Dutch baby pancake with drunken cherries

*It looks and tastes like a Yorkshire pud but it is, in fact, a sweet German pancake, confusingly labelled as Dutch. Whatever the origin, the rules of the Yorkie should be applied here – don't open the oven before the cooking time is up or until the pancake has puffed to at least double its original size.*

**SERVES** 4 **PREP** 20 MINS **COOK** 20 MINS **A LITTLE EFFORT**

100g/4oz plain flour
3 large eggs
150ml/¼pt milk
1 tsp vanilla extract
3 tbsp vegetable or sunflower oil

**For the drunken cherries**

400g can pitted cherries in light syrup, drained (reserve the syrup)
3 tbsp golden caster sugar
2 tbsp brandy or kirsch
vanilla ice cream, to serve

**1** Tip the flour into a large bowl, make a well in the centre, crack in the eggs, then add the milk and vanilla. Use a large whisk to beat the eggs into the milk, slowly incorporating the flour, until you have a smooth batter. Set aside.

**2** Heat oven to 220C/200C fan/gas 7. Pour the oil into an ovenproof skillet pan, frying pan or tart Tatin tin (mine was 20cm in diameter) and place on the middle shelf to heat up – remove the top shelf, if you can, as the pancake will puff up as it cooks.

**3** Tip the cherries, sugar and brandy into a frying pan with 2 tbsp of the syrup. Bring to a simmer, then bubble until the liquid is syrupy, adding a splash more cherry syrup if the cherries look dry. Set aside to cool a little.

**4** When the pan is red hot, pull out the oven tray and pour in the batter – it should sizzle as it hits the pan. Quickly close the oven and leave undisturbed to cook for 20-25 mins until it looks like a giant Yorkshire pudding and is deep golden brown. Don't be tempted to open the door too early as it will sink. Serve the pancake in the pan, topped with ice cream and syrupy cherries.

**GOOD TO KNOW** 1 of 5 a day
**PER SERVING** 357 kcals • fat 13g • saturates 3g • carbs 45g • sugars 27g • fibre 1g • protein 9g • salt 0.2g

FOOD STYLING LIZZIE HARRIS | STYLING SARAH BIRKS



The Yorkshire pud meets the pancake – we love it!

taste DUBAI

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WEEKEND BAKE

# TRES LECHE CAKE

This classic Mexican cake gets its name from the three types of milk used in it. Sweet, rich and utterly delicious

*recipe* CASSIE BEST *photograph* WILL HEAP



**SERVES** 16 **PREP** 30 mins plus cooling **COOK** 40-45 mins
**MORE EFFORT** V

**flavourless oil, for the tin**
**4 eggs, separated**
**200g caster sugar**
**1 tsp vanilla extract**
**200g plain flour**
**1 tsp baking powder**
**100ml milk**
**410g can evaporated milk**
**200ml sweetened condensed milk**
**300ml double cream**
**2 tbsp icing sugar**
**pinch cinnamon**

1 Heat oven to 180C/160C fan/gas 4. Lightly oil and line the base and sides of a 20cm square cake tin.
2 Put the egg whites in a large bowl with a pinch of salt. Beat with an electric hand whisk until foamy, about 3 mins. Keep mixing while you add 150g of the sugar, a spoonful at a time, until thick and glossy.
3 In another bowl, mix the egg yolks, remaining sugar and vanilla (no need to clean the beaters first) for 2 mins, or until pale and foamy. Add the flour, baking powder and milk to the egg yolks, and use a spatula to fold everything together
4 Add a large spoonful of egg white to the cake mix, beat together to loosen the mixture, then gently fold through the remaining egg whites with a large metal spoon (being careful not to over-stir so you don't knock out too much air), until you have a smooth batter.
5 Pour into the tin, smooth the top and bake for 40-45 mins until a skewer inserted into the centre comes out clean. Mix together the evaporated milk, condensed milk and 3 tbsp of the cream.
6 Leave the cake to cool for 10 mins in the tin, then ease a knife around the sides. Poke holes over the surface with a skewer, then pour over half the milk mixture. After 5 mins or so, most of it should have soaked into the cake. Leave for another 5 mins, then transfer to a plate and pour over some of the remaining milk until it starts to leak a little. (Any leftover milk that won't soak into the cake can be served on the side.) Leave to cool.
7 Whip the remaining cream and icing sugar together until holding soft peaks. Spread the cream over the cake and sprinkle with a little cinnamon. *Can be made and chilled a day ahead.* Serve in squares with any remaining soaking milk.

PER SERVING **301 kcals** • **fat 15g** • **saturates 9g** • **carbs 34g** • **sugars 25g** • **fibre 1g** • **protein 6g** • **salt 0.29g**

For more ideas for bakes and cakes, go to *bbcgoodfoodme.com/collections/baking*

Shoot director ANDREW JACKSON | Food stylist KATY GILHOOLY | Stylist TONIA SHUTTLEWORTH

TOMMY'S TWIST

# FISHCAKES

BBC chef **Tommy Banks** elevates the humble fishcake to one of the finest versions we've ever tasted

***photograph*** KRIS KIRKHAM

Here, I give a couple of dishes a twist in one recipe. I've given fishcakes a makeover by packing them with fish, so they are all killer and no filler, plus I've upped the stakes with the addition of crabmeat, then coated them in panko breadcrumbs, which go extra crunchy. Next, as a nod to the retro classic cod in white sauce, and so as not to waste the fish-poaching liquid, which is essentially a fish stock, I've made a velvety sauce that I've spiked with all the tangy bits you get in a tartare sauce.

## Luxury fishcakes with tartare velouté

*Baking the potato, rather than boiling it, for the fishcake base results in a dryer mash that gives the finished cake more structure.*

SERVES 6 PREP 40 mins
COOK 1 hr 40 mins MORE EFFORT ❄

### For the fishcakes

1 large (about 250g) red-skin potato
250g smoked cod or haddock
250g hake
2 bay leaves
1 tbsp English mustard
500ml milk
1 egg yolk, plus 2 eggs, beaten
25g butter
1 whole nutmeg, for grating
½ lemon, zested and juiced
100g mature cheddar, grated
100g mixed white and brown crabmeat
2 bunches of spring onions, finely chopped
100g plain flour
100g panko breadcrumbs
4 tbsp sunflower oil, for frying
poached eggs, lemon wedges and pea shoots, to serve

### For the tartare velouté

25g butter
25g plain flour
50ml double cream
squeeze of lemon
large handful parsley leaves, chopped
2 tbsp capers, chopped

**1** Heat oven to 200C/180C fan/gas 6. Stab the potato a few times and bake for about 1 hr or until soft. Cut the potato in half, scoop out the flesh and mash it, or pass through a ricer, and set aside. Meanwhile, put the fish in a shallow saucepan with the bay and mustard and season with salt and pepper. Pour the milk over, then place on a high heat. Once it's simmering, turn off the heat, cover and leave for 10 mins.

**2** Put the dry mashed potato in a bowl and add the egg yolk, butter, a grating of nutmeg, lemon zest and juice, the cheddar, crabmeat and spring onions. Combine all the ingredients, then add 1 tbsp of the poaching milk. Taste the potato mix, add seasoning and mix well. Lift the fish out of the milk, pour the milk into a jug and set aside, then flake the fish through the mix, combining carefully to keep big chunks of fish. Shape the mixture into six cakes. Put the flour, beaten egg and breadcrumbs in three separate bowls and dip each fishcake in each one, being sure to coat them evenly. *Can be prepared up to two days ahead or frozen for one month.*

**3** To make the sauce, heat the butter in a shallow saucepan until sizzling, then stir in the flour to make a sandy paste. Cook on a low heat for 2 mins, then gradually pour in the poaching milk. Add enough to make a silky sauce, then finish with the cream and simmer gently for 10 mins. Stir in some lemon juice, parsley and capers and season. Keep warm.

**4** To cook the fishcakes, heat the oil in a large, non-stick frying pan and cook for 4-5 mins on each side until dark golden and crisp. If your pan isn't big enough to cook them all at once, keep them warm in a low oven. Place each cake on a plate, pour a generous amount of sauce around the outside and then top the fishcake with a softly poached egg. Serve with a few pea shoots and extra lemon wedges for squeezing over, if you like.

GOOD TO KNOW calcium
PER SERVING 582 kcals • fat 31g • saturates 14g • carbs 38g • sugars 6g • fibre 3g • protein 35g • salt 2.0g



Tommy Banks is chef-owner at The Black Swan in Oldstead, North Yorkshire (*blackswanoldstead.co.uk*) and Roots in York (*rootsyork.co.uk*). He is also a judge on BBC Two's *Family Cooking Showdown*. His book, *Roots*, is out now.
*@tommybanks8*

Shoot director GARETH JONES | Food stylist ELLIE JARVIS | Stylist JENNY IGGLEDEN



slow cooker

# beef goulash

Fall-apart beef with tomatoes and peppers in a creamy, rich stew

*recipe* ANNA GLOVER *photograph* ROB STREETER



## Slow cooker beef goulash

**SERVES** 8 **PREP** 25 mins
**COOK** 7 hrs **EASY**

3 tbsp olive oil
2kg braising or stewing steak, cut into chunks
2 large onions, finely chopped
4 mixed peppers, cut into 4cm chunks
3 garlic cloves, crushed
2 tbsp flour
2 tsp caraway seeds
2 tsp hot smoked paprika
1 tbsp sweet smoked paprika, plus extra to serve
4 tbsp tomato purée
4 large tomatoes, cut into small chunks
400-500ml beef stock
300ml soured cream
small bunch parsley, chopped

**1** Heat the slow cooker to low and heat 2 tbsp oil in a deep frying pan over a medium heat. Season and sear the beef in batches until brown on all sides. Transfer to a plate.
**2** Put the remaining oil in the pan and fry the onions for 10 mins until lightly golden. Add the peppers and garlic, and fry for another 5-10 mins, then stir in the flour and all of the spices. Cook for 2 mins more, then stir in the tomato purée, tomatoes and 400ml beef stock. Season well. Bring the mixture to a simmer, then tip into the slow cooker with the seared beef. Add the remaining stock, if needed, to cover the meat completely. Cover and cook for 6-7 hrs until the beef is tender and the sauce has thickened slightly.
**3** Season to taste, then swirl the soured cream and most of the parsley through the stew. Scatter over the remaining parsley and some sweet smoked paprika, then serve with small roasted potatoes or brown rice, if you like.

**GOOD TO KNOW** folate • fibre • vit c • iron • 3 of 5-a-day
**PER SERVING** 581 kcals • fat 32g • saturates 13g • carbs 17g • sugars 12g • fibre 6g • protein 54g • salt 0.3g

Shoot director ANDREW JACKSON | Food stylist KATY GILHOOLY

# FAMILY MEALS

AFTER-SCHOOL SPEEDY SUPPERS, p60





# After-school SPEEDY SUPPERS

Five recipes for those nights when you're planning to go out or just want to feed the troops early. These are all full of goodness and can be prepared quickly

*recipes* LULU GRIMES *photographs* WILL HEAP















## Pick & mix omelette with crunchy croutons

*Adding texture to an omelette in the form of croutons makes it a more exciting supper. This recipe is a good way of using up sandwich fillings left over from packed lunch prep.*

**SERVES** 1 **PREP** 5 mins **COOK** 5 mins **EASY** P

1 thick slice bread, cut into small cubes
1 tbsp olive oil
2 eggs
2 tbsp grated cheese
your choice of 1 slice ham, 1 slice chicken, 2 slices salami, 2 slices chorizo, or a handful prawns
your choice of a handful quartered cherry tomatoes, 2 tbsp drained sweetcorn, 2 tbsp defrosted frozen peas, or a handful rocket
salad, to serve

**1** Heat ½ tbsp oil in a small non-stick frying pan. Add the bread, toss it around and fry over a medium heat until it starts to brown and crisp all over. Tip the croutons onto a plate, then carefully wipe out the pan. Shred the meat you have chosen to use or roughly chop the prawns.
**2** Beat the eggs lightly with a fork and season if you want. Heat ½ tbsp oil in the frying pan, then pour in the egg. Tip the pan from side to side until the base is covered and starting to set. Add the meat and veg to the side of the omelette nearest you. Cover the pan with a lid for a minute, then add the cheese and cover for another minute. Finally add the croutons and flip the far side of the omelette towards you so that it covers the filling. Slide onto a plate and serve with whatever kind of salad you can get away with.

GOOD TO KNOW calcium • folate • iron
PER SERVING 620 kcals • fat 37g • saturates 12g • carbs 25g • sugars 5g • fibre 4g • protein 44g • salt 1.5g

## Noodle stir-fry with crunchy peanuts

*Packs of stir-fry veg vary, so choose the one that suits you best. Pick out the onion and fry it briefly first if you like – sometimes the pieces are quite large and otherwise won't have enough time to cook through along with the rest of the veg.*

**SERVES** 3 **PREP** 10 mins **COOK** 10 mins **EASY** V

2 tbsp crunchy peanut butter
1 tbsp soy sauce
1 tbsp roasted unsalted peanuts, chopped, plus extra to serve
300g pack ready to eat egg noodles
1 tbsp oil
2 eggs, lightly beaten
300g pack stir-fry vegetables
sweet chilli sauce, to serve (optional)

**1** Mix the peanut butter with the soy sauce and 50ml water, then add the peanuts. Put the noodles in a bowl and cover them with boiling water. Stir them gently so they separate, then drain.
**2** Heat ½ tbsp oil in a wok or large frying pan, and pour in the egg. Leave the egg to set, then chop it up with your spatula and tip it onto a plate. Heat the remaining oil in the wok. Stir-fry the veg until starting to wilt, then add the noodles and keep cooking. Return the egg to the wok, then spoon in the peanut mixture and toss. Divide between bowls, then sprinkle over more peanuts. Serve with sweet chilli sauce, if you like.

GOOD TO KNOW low cal • 1 of 5-a-day
PER SERVING 371 kcals • fat 19g • saturates 3g • carbs 32g • sugars 5g • fibre 4g • protein 16g • salt 1.5g







## Corn & prawn chowder

*In season, use fresh sweetcorn. Canned or frozen will do the trick the rest of the year. You can also use chicken instead of prawns if you prefer.*

**SERVES** 2 (easily doubled) **PREP** 15 mins **COOK** 25 mins **EASY**

1 tbsp olive oil
½ onion, finely chopped
150g potato, cut into small cubes
300ml whole milk
200ml chicken stock
150g cooked small prawns, drained
195g can sweetcorn, drained (or the same weight of frozen)
1 large wholemeal pitta bread
½ tbsp garlic butter
small pack chives, snipped (optional)

**1** Heat the oil in a saucepan. Fry the onion until it softens but don't allow it to brown. Add the potato, milk and stock, and bring everything to a simmer. Cook for 10 mins or until the potato is soft, then gently squash some of the potato against the side of the pan to thicken the chowder. Add the prawns and sweetcorn, and cook for another 5 mins.
**2** Meanwhile, spread the pitta with the garlic butter. Grill the pitta until it browns a little, then cut into strips. Serve the soup sprinkled with chives, if you like, with the garlic pitta on the side to dip.

GOOD TO KNOW low fat • low cal • calcium • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 447 kcals • fat 14g • saturates 5g • carbs 48g • sugars 17g • fibre 8g • protein 28g • salt 1.9g

## Chicken & chickpea rice

*If chickpeas are unacceptable in your house, try stirring through some frozen peas (or another vegetable that you know will get eaten) 5 mins before the cooking time is up.*

**SERVES** 2-3 **PREP** 15 mins
**COOK** 25 mins plus standing **EASY**

25g butter
1 shallot, finely chopped
1 skinless chicken breast (about 180g), cut into strips
1 carrot (about 100g), cut into thin batons
1 cinnamon stick
1 strip lemon zest
125g basmati rice
2 heaped tbsp raisins or sultanas
250ml chicken stock
215g can chickpeas (drained weight 130g)

**1** Melt half the butter in a frying pan with a lid. Fry the shallot for a couple of minutes, then add the chicken and carrot. Fry the veg until starting to brown, then add the cinnamon and lemon, and season well. Stir in the rice and raisins, then add the stock and bring to a simmer.
**2** Scatter the chickpeas on top, then cover with the lid. Cook for 15 mins over a low heat until the rice has absorbed all the stock – if the rice is still firm, add 50ml water. Stand for 5 mins, then fluff up the rice. Dot over the remaining butter, then serve.

GOOD TO KNOW low cal • 2 of 5-a-day
PER SERVING (3) 417 kcals • fat 9g • saturates 5g • carbs 56g • sugars 16g • fibre 5g • protein 24g • salt 0.5g











Shoot director and stylist TONIA SHUTTLEWORTH | Food stylist KATY GREENWOOD

# Mince & pea pies

*Make individual pies and freeze them, so you can pull one out to cook when you need it.*

**SERVES** 4 **PREP** 20 mins **COOK** 55 mins plus cooling **EASY** ❄

500g lean minced beef
1 tbsp olive oil
1 onion, finely chopped
2 large carrots (about 200g), finely chopped
2 celery sticks (about 200g), finely chopped
1 tbsp tomato purée
1 beef stock cube
200g frozen peas
1 egg, lightly beaten
375g ready-rolled shortcrust pastry
Tenderstem broccoli or other greens, to serve

**1** Fry the mince in a little oil over a high heat, stirring to break up any lumps, until it's well browned all over. Transfer the mince to a plate, then fry the onion, carrots and celery in the rest of the oil over a low heat until softened. Stir in the tomato purée and crumble in the stock cube, then return the mince to the pan and give everything a good stir. Fry for a minute, then add 300ml water. Cover with a lid and simmer for 20 mins, then remove the lid and simmer until the sauce has thickened slightly. Stir in the peas, then turn off the heat and leave to cool for 10 mins.
**2** Heat oven to 200C/180C fan/gas 6. Divide the mince mixture between four individual pie dishes (or use one large dish). Brush the dish rims with egg. Unroll the pastry and cut it into four pieces for the individual pies – roll the pieces out a little more to fit the pie dishes if you need to. Top each pie with some pastry, press down against the rim and trim any excess. Seal the edges with a fork, or crimp if you like, then brush the pastry with egg.
**3** Poke a little hole in the top, decorate with any offcuts if you like (brushed with a little egg), then cook for 25-30 mins or until the pastry is golden and risen. Cool for 5-10 minutes before serving.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 716 kcals • fat 40g • saturates 14g • carbs 48g • sugars 10g • fibre 9g • protein 37g • salt 1.7g

**gf tip**
If you cool the filling completely, you can add the pastry and freeze the pies uncooked.

**&**
For more family recipes, go to *bbcgoodfoodme.com*

# health

Delicious recipes and top tips for staying in shape



■ Health news, page 68



## budget-friendly

■ veggie soups, page 70



■ Joe's guilt-free fry-up, page 72



## healthy batch cooking

■ low-fat fish pie page 74

# health news

Health news covering everything from ingredients and dishes to advice and new products and restaurants to try

**PRODUCT WATCH**

## *NutriBullet Blender Combo*

The new year's resolutions may have been sidelined, but the UAE's battle against unhealthy eating habits goes on. With convenience and cost cited as the main hurdles to meeting wellness goals, NutriBullet has responded with the launch of its brand-new Blender Combo, priced at Dhs599.

Providing "next-level blending" and nutrient extraction, the new device can turn your favourite wholesome ingredients into super-beverages, in a matter of seconds. Comprising an extra-large 1.6 litre Tritan pitcher, it's perfect for making those nutrient-dense breakfast smoothies and shakes for the whole family to enjoy. For those on-the-move, there's also the option of a sleek travel cup, enabling you to transport your delicious and colourful combinations wherever you go.

Get your blend on this month and search "smoothie" on bbcgoodfoodme.com for a collection of our favourite superfood shakes and breakfast smoothies. The NutriBullet Blender Combo is available to purchase at various UAE stores including Carrefour, Amazon and Mumzworld for Dhs599.




# Beleaf opens new store at The Springs Souk




Nutrition and wellness store, Beleaf, has just opened its fifth destination in the UAE at The Springs Souk, Dubai. Offering natural, organic and eco-friendly products from hair care to supplements, protein powders and organic sun care, Beleaf hopes to bring an exciting new presence to the neighbourhood mall in the heart of the Emirates Living community.

If you've set 2020 as your year to pursue your nutrition journey, whatever that may look like, then the fully trained staff at Beleaf are on-hand to offer advice across product ranges to suit your needs. The store is also home to body composition monitors, enabling staff to quickly assess your accurate body composition data to ensure they recommend the best products, tailored to you. These body analysis scales also give you a true indication of your inner health, and when monitored over time, can show the impact of any fitness regime or weight loss programme.

The latest store opening in The Springs Souk marks the start of what promises to be an exciting year for Beleaf, as the brand strives to double its footprint by the end of 2020. Other stores can currently be found at The Pointe Palm Jumeirah, Discovery Gardens, Karama and Sharjah. Follow @BeleafUAE for more information.

## Costa Coffee UAE launches vegan and free-from range



Tapping into the ever-growing demand for healthy, on-the-go products, Costa Coffee UAE has launched its fresh, plant-based and free-from collection, 4u. The brand-new range features over 20 nutritional sandwiches, salads, snacks, smoothies and more, and is now available across Costa Coffee stores throughout the UAE.

Collaborating with clinical dietician, Mitun De Sarkar, the team have curated a selection of innovative recipes to help UAE residents find the right balance nutritionally, while on-the-go. Spearheaded by Peter Reffell, Executive Chef at Costa Coffee and Mitun, who is renowned for her nutritional expertise and 19 years of professional experience in nutrition and health foods, each product is packed full of goodness. From beans to grains plus a variety of gluten-free, dairy-free and vegan options, there's something for everyone - whether it's for breakfast, lunch or an afternoon snack. The range is available now in Costa Coffee stores across the UAE and is also available to order on Deliveroo.

Text GLESNI HOLLAND | Photographs SUPPLIED, SHUTTERSTOCK



APP ALERT

## Two flexible fitness apps to try

### Privilee

Popular UAE lifestyle membership, Privilee, has launched a six-month offer for fitness fanatics looking to spearhead their summer goals. Now an entirely digital, app-based membership, Privilee offers UAE residents access to more than 50 gyms - including boutique fitness studios, independent gyms and state-of-the-art hotel facilities.

The latest offer is priced at Dhs3,999, which includes various complimentary classes at some of Dubai's most sought-after fitness facilities - including TribeFit, Fit Republik and 9round. With the promise of new partners launching on a regular basis, the app not only notifies users of any new additions to the already extensive list, but also provides a new "fitness schedule" service - outlining an hourly-breakdown of the available group classes at various facilities across the UAE, meaning users can easily tailor their fitness goals to suit their own schedules.

Recent partners include Engine in Jumeirah, Instabody in Jumeirah Village Circle and Talise Fitness at Jumeirah Emirates Towers. The six-month offer is available to purchase until the end of February. Visit privilee.ae/getfit/offer for more information.

### FITLOV

FITLOV is a new fitness app that offers users access to Dubai-based personal trainers and dedicated nutrition plans at a time and place convenient to them, through one all-encompassing platform.

Through its iOS mobile app (or website), members gain access to over 30 disciplines and 50 qualified trainers. Using the FITLOV app, users can create a tailor-made fitness plan based on their goals - be it finding a new passion for working out, getting your mojo back, recovering from injury, receiving guidance with nutrition, wanting to lose weight, or getting stronger and toning up. Users can schedule workouts in their preferred discipline and at their preferred location; with convenience and flexibility at the core.

There are various packages available, with subscription plans starting from Dhs190 per session. Free trial sessions are also available before committing to a package. Find out more at FITLOV.com.

FIGHTING FATIGUE

## *5 plant-based foods to increase energy levels*

Processed foods and sugars can make you feel lethargic and lower your energy levels. Eating whole foods rich in healthy fats, vitamins and minerals will give your energy levels a significant boost and lower your stress levels, says Banin Shahine, Nutrition Manager at Fitness First Middle East. Here, she shares a few vegan-friendly foods to help you fight fatigue this month:

1 **Bananas** are one of the best foods for energy. They are an excellent source of carbohydrates and are full of potassium and vitamin B6 - all of which can help boost energy levels in the body.

2 **Brown rice** is extremely nutritious. It is less processed than white rice and retains more nutritional value in the form of fibre, vitamins and minerals. Thanks to its fibre content, brown rice has a low glycaemic index, meaning it can help regulate blood sugar levels and maintain steady levels throughout the day

3 **Apples** are rich in natural sugars and fibre and provide a slow and sustained energy release. Rich in antioxidants, apples also help slow down the digestion of carbohydrates, and release energy over a more extended period of time

4 **Edamame beans** are relatively low in calories, but these satisfying pick-me-up snacks are full of proteins, carbs and fibre. Edamame beans also have huge amounts of vitamins and minerals that help increase energy in different ways.

5 **Leafy green** vegetables like spinach, kale, broccoli, lettuce and watercress are all excellent sources of vitamin B and have an important part to play in energy production.



budget-friendly

# veggie soups

Bring some sunshine to your day with these vibrant, nourishing soups. As an added bonus, they're all easily frozen and reheated

*recipes* SOPHIE GODWIN *photographs* ROB STREETER



## Sweet potato, coconut & lemongrass soup with coriander sambal

VIT C · LOW CAL · FIBRE

**SERVES** 4 **PREP** 15 mins
**COOK** 30 mins **EASY** V ❄

2 tbsp groundnut oil
4 spring onions, sliced
2 large garlic cloves, sliced
2 lemongrass stalks, outer leaves removed and stalk finely chopped
finger-sized piece ginger, sliced
900g sweet potatoes, peeled and chopped into small pieces
215ml coconut milk
285ml vegetable stock (we used Bouillon)
1 green chilli, deseeded
1 tsp caster sugar
2 limes, juiced
1 small pack coriander

**1** Heat the oil in a large pan, then add the spring onions, garlic, lemongrass and three-quarters of the ginger and cook for 2 mins until aromatic, then tip in the sweet potato. Give everything a good mix so the sweet potato is well coated, then add the coconut milk, stock and 500ml water. Bring to the boil, then simmer for around 25 mins until the sweet potato is cooked through.

**2** Meanwhile, tip the remaining ginger, the chilli, sugar, three-quarters of the lime juice and most of the coriander (reserving a few leaves for a garnish) into a food processor and blitz until smooth. Transfer the sambal to a small jug and set aside.

**3** Blitz the soup with a hand blender until smooth, then season to taste with the remaining lime juice and some salt and pepper. Divide the soup between bowls and top with the coriander sambal. Garnish with the reserved coriander leaves.

GOOD TO KNOW healthy • low cal • fibre • vit c • 1 of 5-a-day
PER SERVING 324 kcals • fat 11g • saturates 5g • carbs 49g • sugars 14g • fibre 8g • protein 4g • salt 0.3g

Shoot director RACHEL BAYLY | Food stylist PIP SPENCE



## Leek, kale & potato soup topped with shoestring fries

HEALTHY · LOW CAL · 1 OF 5-A-DAY

**SERVES** 4-6 **PREP** 15 mins
**COOK** 30 mins **EASY** V ❄

4 large potatoes (around 500g), 3 peeled and cubed, 1 left whole with skin on
1 tbsp cold pressed rapeseed oil
15g butter
5 leeks (around 500g), washed and sliced into half moons
2 garlic cloves, sliced
1.5 litres vegetable stock (we used Bouillon)
200g kale
2 tbsp half-fat crème fraîche

1 Heat oven to 220C/200C fan/gas 7 and line a baking tray with parchment. Cut the whole potato into matchsticks using a julienne peeler, or shave thin slices using a vegetable peeler, then cut into matchsticks. Pat dry using kitchen paper, then toss with the oil and some seasoning. Spread out on the tray and roast for 15-18 mins.
2 Melt the butter in a large saucepan. Add the leeks, chopped potatoes and a pinch of salt, then cook gently for 10 mins until the leeks have softened. Stir in the garlic and cook for 1 min more, then pour in the stock. Simmer for 10-12 mins until the potatoes are soft, then add the kale and cook for 2-3 mins to wilt.
3 Stir in the crème fraîche, then blitz with a hand blender and season to taste. Divide the soup between bowls and top with the shoestring fries.

GOOD TO KNOW healthy • low fat • low cal • 1 of 5-a-day
PER SERVING (6) 159 kcals • fat 7g • saturates 3g • carbs 17g • sugars 3g • fibre 4g • protein 4g • salt 0.3g

## Beetroot, cumin & coriander soup with yogurt and hazelnut dukkah

FIBRE · IRON · 2 OF 5-A-DAY

**SERVES** 4 **PREP** 10 mins
**COOK** 1 hr 10 mins **EASY** V ❄

2 tbsp olive oil
2 red onions, cut into wedges
1kg raw beetroot, peeled and cut into wedges
1 tsp chilli flakes
1 tbsp cumin seeds, plus 1 tsp
1½ tbsp coriander seeds
1 tbsp red wine vinegar
1.2 litres vegetable stock (we used Bouillon)
30g hazelnuts
1 tbsp sesame seeds
4 tbsp natural yogurt

1 Heat the oil in a large saucepan. Add the onions, beetroot and a pinch of salt and cook for 10 mins, then turn up the heat and add the chilli flakes and 1 tbsp each of the cumin and coriander seeds. Cook until aromatic, then add the vinegar and give everything a good stir. Pour in the stock and bring to the boil, then cover and simmer for 45 mins-1 hr until a knife can be easily inserted into a beetroot wedge; uncover the pan halfway through cooking to reduce the soup.
2 Meanwhile, make the dukkah. Put the hazelnuts, sesame seeds and the remaining cumin and coriander into a dry frying pan and gently toast until the hazelnuts are golden. Add a pinch of salt and crush with a pestle and mortar (alternatively, use a knife to roughly chop the nuts).
3 Blitz the soup with a hand blender and season to taste. Divide between four bowls, then top with a swirl of the yogurt and a sprinkling of hazelnut dukkah.

GOOD TO KNOW healthy • low cal • folate • fibre • iron • 2 of 5-a-day
PER SERVING 332 kcals • fat 17g • saturates 3g • carbs 28g • sugars 24g • fibre 10g • protein 10g • salt 0.9g



# Joe's guilt-free fry-up

The online nutrition coach creates a protein-packed version of a classic breakfast that's simple and satisfying

***photograph*** MIKE ENGLISH

I do like to pop down to the café and tuck into a fry-up – but it's not always cooked in the healthiest way. So here's my version, which will tick all the boxes – get stuck in and enjoy. I love my eggs poached, but you could always have them fried or scrambled.

## Joe's full English

**SERVES 1 PREP** 5 mins
**COOK** 20 minS **EASY**

**15ml olive oil**
**130g tomatoes, halved**
**4 rashers turkey bacon**
**180g sirloin steak, trimmed of visible fat**
**150g mushrooms, sliced**
**160g spinach**
**1 egg**

**1** Heat grill to high. Drizzle a little of the oil on your tomatoes and season well. Lay the tomatoes on a baking tray lined with foil and place under the grill. Cook for 4-5 mins, then add the bacon to the tray. Turn the bacon as necessary until it is cooked through. Turn off the grill and shut the door to keep everything warm.
**2** Meanwhile, heat the remaining oil in a large, non-stick frying pan over a high heat. Season your steak well and, when the pan is very hot, fry for 3-4 mins each side for medium-rare, then leave it to rest until you are ready to eat.
**3** While the steak is resting, throw the mushrooms into the still-hot pan, fry for 2-3 mins until browned, then move to one side of the pan. Add the spinach to the other side of the pan and cook until wilted. Put a saucepan of water on to boil.
**4** Crack the egg into the boiling water, then reduce the heat until the water is gently simmering. Poach the egg for 3-4 mins or until the white has set but the yolk is still runny. Carefully lift it out with a slotted spoon and drain on kitchen paper. Serve everything together and top with the poached egg.

**GOOD TO KNOW** calcium • folate • vit c • iron • 3 of 5-a-day • gluten free
**PER SERVING** 686 kcals • fat 34g • saturates 9g • carbs 5g • sugars 5g • fibre 4g • protein 87g • salt 2.8g

**For more recipe ideas, you can sign up for your own bespoke 90-Day Shift, Shape and Sustain plan at *thebodycoach.com***



*Good Food* contributing editor Joe Wicks, a fitness coach, has become an Instagram phenomenon with 1.7 million followers and his *#Leanin15* videos, which focus on quick, easy cooking. His 90-Day SSS (Shift, Shape and Sustain) Plan has inspired men and women nationwide to sign up to his programme of healthy recipes and workouts. *thebodycoach.co.uk*
*@thebodycoach*

Joe's book, *Lean in 15: The Sustain Plan*, and his DVD, *Joe Wicks: The Body Coach Workout*, are out now.

Portrait © MEDDLE/ITV/REX/SHUTTERSTOCK | Food styling ELLIE JARVIS | Styling FAYE WEARS

## healthy diet plan

# Friday fish

This pie tastes luxurious, but is low in fat and calories.

*recipe* SARA BUENFELD *photograph* MIKE ENGLISH

## Fish pie with pea & dill mash

FIBRE | 2 OF 5-A-DAY | LOW FAT

*The peas, dill and lemon in the mash add plenty of flavour and contribute to your 5-a-day. Serve with steamed Tenderstem broccoli or spinach and you can increase your veg portions to three.*

**SERVES** 2 **PREP** 10 mins **COOK** 55 mins **EASY** ❄

**375g potatoes, cut into chunks**
**175g leeks, thickly sliced**
**160g frozen peas**
**2 tbsp half-fat crème fraîche**
**½ lemon, zested and juiced**
**2 tbsp chopped fresh dill**
**½ tsp vegetable bouillon powder**
**100g cherry tomatoes, halved**
**250g skinless cod loin, cut into large chunks**
**50g Atlantic prawns (thawed if frozen)**
**veg, to serve (optional)**

**1** Heat oven to 200C/180C fan/gas 6. Cook the potatoes in a pan of boiling water for 10 mins, with the leeks in a covered steamer over the pan. Remove the steamer, add the peas to the potatoes and cook for 10 mins more. Drain the peas and potatoes, then mash with ½ tbsp crème fraîche, the lemon zest and juice, dill and bouillon.

**2** Arrange the leeks in a shallow ovenproof pie dish (about 18 x 24cm). Add the tomatoes, cod and prawns, then dot over the rest of the crème fraîche. Spoon over the mash, then spread it lightly to the edges with a fork.

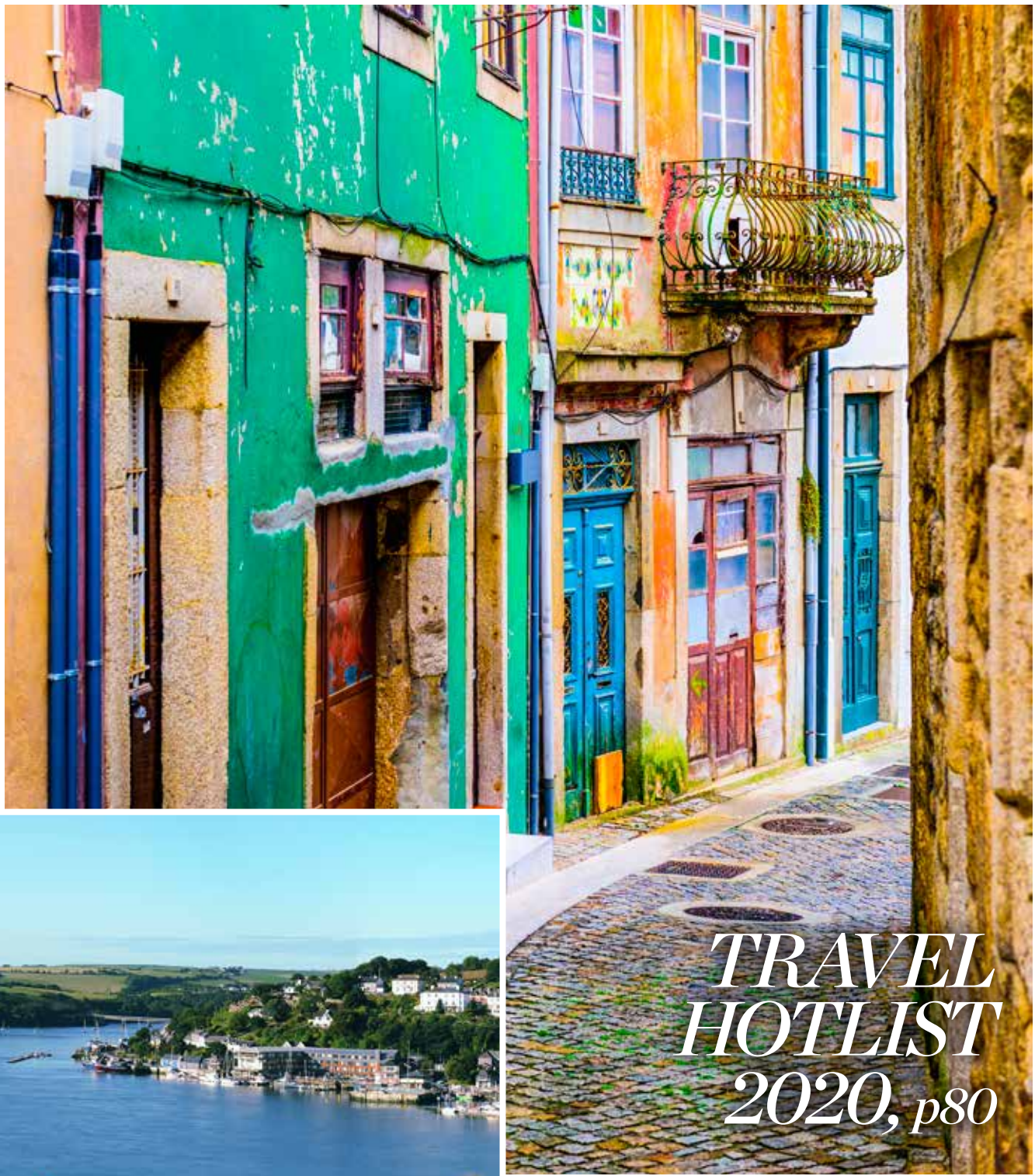
**3** Bake for 30-35 mins until bubbling round the sides of the dish. Serve with veg, if you like. If you make this ahead and are cooking from cold, bake for about 10 mins longer.

GOOD TO KNOW low fat • low cal • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 412 kcals • fat 7g • saturates 4g • carbs 46g • sugars 10g • fibre 11g • protein 37g • salt 0.8g



Shoot director MA... PPING | Food stylist SARA BUENFELD | Stylist P...

# GOURMET LIFESTYLE



## TRAVEL HOTLIST 2020, p80



*EXPLORING IRELAND,* **p76**



3 trips to take

# Exploring Ireland

Get lost in the colourful streets of Kinsale, soak up the fresh sea air at Inchydoney beach and revel in five-star grandeur at The K Club on our stunning coastal road trip of the Emerald Isle.

By **Glesni Holland**

**Inchydoney Island**

Text GLESNI HOLLAND | Photographs SUPPLIED, SHUTTERSTOCK

# *Inchydoney Island Lodge & Spa, Clonakilty*

## Best for deserted sandy beaches and outdoor pursuits

Off the coast of West Cork and just a short drive from the quaint town of Clonakilty sits Inchydoney – a tiny island with large beaches and grassy coastal trails, connected to the mainland by two causeways. Perched above Inchydoney beach and set into the rugged coastline is the island's namesake lodge and spa, offering unparalleled ocean views and a cosy place to rest your head after a day of outdoor activities. Staying guests can take advantage of the hotel's numerous excursions, from surfing, kayaking and whale watching, to hiking on nearby dunes.

The hotel has a homely feel to it, finding the perfect balance between luxury and comfort. Rooms are decorated in soft, neutral tones, with local artwork from surrounding beaches and landmarks adorning the walls. Head upstairs to The Lounge for afternoon tea or a pre-dinner aperitif and sink into the ultra-comfy leather sofas as the open fire roars and pianist plays. The hotel's restaurant, The Gulfstream, uses predominantly Irish ingredients to comprise its menu, with local suppliers namechecked throughout. For a hearty dinner following a jam-packed day of activities, try the roasted rump of West Cork lamb with a honey mustard and parsley crust, fondant potato and smoked aubergine, topped with a tangy black olive jus. Lighter options include the pan-friend monkfish with a red pepper potato cake, or the Castletownbere cod wrapped in prosciutto and served with a caramelised shallot potato puree. Wake the next morning to the sound of crashing waves from your balcony before heading for breakfast. Grab a table by the window, a strong coffee and enjoy a delicious plate of scrambled eggs with Ummera Smokehouse's locally smoked salmon, as you take in the panoramic ocean views.



Grazing at Ireland's only buffalo farm



Many rooms have direct ocean views

If the broody skies cloud over, spend the day curled up with a good book in the hotel's luxurious leisure facility, home to Ireland's only seawater spa. Or, venture into the centre of town to visit Clonakilty Brewing Company, founded by Norwegian native "Thirsty Frank" after his move to Ireland six years ago. Using predominantly local ingredients, including water from the filtered well in the brewery's car park, Frank and his team aim to create 2,000 bottles a week of their four core brews. Call ahead to arrange a tour of the brewery on +353 87 924 6105.

Should the weather be in your favour, make the trip to Ireland's only buffalo farm in Macroom (a 50-minute drive by car from Inchydoney.) Since opening more than a decade ago, Johnny Lynch and his wife Geraldine have built up their empire from scratch, initially importing 31 buffalos from Cremona, Italy to begin production. Now, the farm in Macroom produces more than 1000 litres of milk per day, and Johnny sells his produce under Macroom Buffalo Cheese Products Ltd – including mozzarella, Greek-style cheese, ricotta, halloumi and bocconcini - to low-cost supermarket Aldi, as well as local delis across the country. Tours of the farm are available, and those interested are advised to contact the farm directly via the website *(macroombuffalocheese.com)*

> **Take the 50-minute drive north of Inchydoney to arrive at Ireland's only buffalo mozzarella farm in Macroom.**

**HOW TO DO IT:**

A bed and breakfast stay at the Inchydoney Island Lodge & Spa starts from €169 (Dhs692) per night. The hotel is a 3.5-hour drive from Dublin International Airport. Buses run daily from Clonakilty to Cork, where onward connections by rail and air can be made for those travelling without a car. *(inchydoneyisland.com)*



Kinsale harbour



Local traders at the English Market

# *Trident Hotel, Kinsale*

## Best for fabulous seafood and waterside charm

Nestled between the hills and south-west Ireland coastlines lies the picturesque town of Kinsale. This vibrant harbour, guarded by the 17th century star-shaped Charles Fort - one of the largest military installations in the country, is steeped in history, filled with narrow winding streets, quirky gift shops and a heartfelt love for all thing's good food.

Perched on the town's edge, just a short 8-minute walk from the centre, is the Trident Hotel; a four-star lodging with panoramic views of Kinsale's bustling harbour, and home to three onsite restaurants. Best known for its seafood, guests can expect an array of freshly caught local fish on the menu. Head to Pier One, the hotel's first floor restaurant with water views, for the ultra-fresh seafood symphony; a delicious plate of turbot, mackerel, salmon and hake, simply flavoured with a chilli and garlic essence.



Kinsale's colourful streets

> **Spend a morning at the famous English Market in Cork; a bustling indoor hub of local farmers, fishermen and small-scale producers.**

Known as the "gourmet capital" of Ireland, Kinsale has established its reputation over the years in providing visitors with high-quality dining options through its very own Good Food Circle. Comprised of 11 restaurants dotted around the town (the Trident Hotel being one of them), the town's true love is celebrated once a year at the annual Kinsale Gourmet Food Festival. Every October, Kinsale's dining scene comes alive with a weekend of festivities, beginning with a champagne reception and followed by the popular Mad Hatter's Taste of Kinsale. Each attendee is assigned a group leader - either Alice, the Mad Hatter, Queen of Hearts or the March Hare – before embarking on an escorted foodie tour through Kinsale's colourful streets, visiting member restaurants and enjoying samples of their signature dishes at every stop. For those looking for a true taste of the Irish 'craic, be sure to mark your calendars for the 2020 event (dates to be confirmed).

Trident Hotel's convenient location also lends itself well to visitors looking to explore the local area, with a regular bus service to Cork City and just a 20-minute drive to Old Head Golf Links – one of the most revelled golf courses in the country. Spend a morning at the famous English Market in Cork; a bustling indoor hub of local farmers, fishermen and small-scale producers – some long-standing, some new to the area – all with the same goal of bringing fresh Irish produce to Cork residents and visitors. Head upstairs to Farmgate for a hearty breakfast (which also offers a great view of the stalls below) before you begin weaving your way through the various delights on offer. Visit *On The Pig's Back* for a fantastic choice of cured meats and cheese (be sure to try the Cais Na Tire, produced in County Galway), or join the queue at *Alternative Bread Company* for your pick of fresh loaves.

Kinsale also marks the gateway to the Wild Atlantic Way – a 2,500km coastal journey from Kinsale in County Cork, to Inishowen in County Donegal. An ode to Ireland's natural beauty, it's certainly worth hiring a car and completing even just a fraction of the journey to enjoy its unspoilt sandy beaches, rural retreats and spectacular views.



Dining at Trident

**HOW TO DO IT:**
A bed and breakfast stay at the Trident Hotel Kinsale starts from €125 (Dhs513) per night. Kinsale is a 3-hour drive from Dublin International Airport, or a 20-minute drive from Cork International Airport. *(tridenthotel.com)*



## *The K Club, Kildare*

### Best for golf fans and old-world beauty

After hosting the 2006 Ryder Cup, the 2016 Dubai Duty Free Irish Open where we saw Rory McIlroy's European Tour Shot of the Year and 13 European Opens, The K Club has established itself as a bucket-list destination for golf fans worldwide. Situated in County Kildare, just 30-minutes from Dublin, the area is best known for its thoroughbred horse-breeding. With three top-class courses to choose from – Curragh, Punchestown and Naas – it's the ideal spot for those looking for a classy day out at the races.

For onsite activities, The K Club has plenty to offer aside from golf. Explore the 550-acres of grounds either on foot or by bike on a guided tour, venture to the nearby River Liffey for an afternoon of kayaking or try your hand at clay-pigeon shooting at Abbeyfield Farm, with prices starting at €65 (Dhs265) per person.

The resort exudes grandeur from the moment you enter the drive-way, and its opulent exterior is matched by its old-world beauty and classic 19th century style throughout. Rooms are elegantly decorated taking inspiration from French style chateaux, with no two suites being the same. It's more country manor than hotel in both its appearance and ambience, with staff roaming the corridors of each wing and always on-hand to help. The various libraries, lounges and cosy alcoves throughout the property bring with them a nostalgic feel, taking me back to childhood days of wanting to explore, get lost and discover the many treasures to be told in each room.

For traditional, fine-dining fare during your stay, the in-house Byerley Turk restaurant serves elegant starters of seared west coast scallops or slow-cooked belly of suckling pig, and mains including a fillet of wild Irish venison or monkfish served with beach mushrooms, fresh garden peas and locally-sourced mussels. There is also a Thai restaurant located at the clubhouse with views over the golf course, serving dishes with strong Lao and Burmese influences. Enjoy a full Irish breakfast in The River Room overlooking the resort's landscaped gardens and the banks of the River Liffey, and be sure to stop by the Vintage Crop Cocktail Bar for a pre-dinner aperitif and a game of draughts.

> "Lose yourself in this luxurious resort's many libraries, cosy alcoves and games rooms."

**GETTING THERE**

*Emirates Airlines and Etihad Airways both have direct daily flights to Dublin International Airport from the UAE. Prices starting from Dhs2795 (approx.) during low-season.*

**HOW TO DO IT:**

A bed and breakfast stay at The K Club starts from €219 (Dhs897) per night. Kildare is a 30-minute drive from Dublin International Airport. *(kclub.ie)*



A room with a view



Barton Suite

# Travel hotlist 2020

Planning your holidays? From city breaks to indulgent beach retreats and active outdoor getaways, we reveal the foodie destinations to visit this year



Los Cabos, Mexico's newest coastal culinary hotspot

## Los Cabos, Mexico

Sharing a border with California, this Mexican peninsula has long played host to holidaying stars, but its pristine beaches and medal-winning wineries have meant that it has more recently become a sought-after destination for tourists worldwide. Set between the Gulf of California and the Pacific, the Mexican state of Baja California is a long, mountainous spine punctuated by deep turquoise bays. This is the place to swim with sea turtles, indulge in fresh fish tacos and locally-brewed ale. There are over 150 wineries, where tastings and fine-dining restaurants are on offer. At Baja's almost tropical southern tip, the resorts of Los Cabos have seen a slew of upscale beach hotel openings championing local food in recent years.



Try fresh fish tacos in Baja California

## Lyon, France

If you need an excuse to visit France's de facto culinary capital, the launch of the country's first International City of Gastronomy is it. UNESCO granted French gastronomy Intangible Cultural Heritage of Humanity status in 2010, encouraging the establishment of four cities of gastronomy: Dijon, Tours, Paris-Rungis and now, Lyon. Launched in October, Lyon's debut is permanently set in the 12th-century Grand Hôtel-Dieu, a historic building that's more of a culinary centre than a museum (*citegastronomielyon.fr*). It houses exhibits on nutrition, interactive features for kids and wannabe cooks, show kitchens that host demos and tastings led by guest chefs, and showings of foodie French movies. While there, make a pilgrimage to the late Paul Bocuse's crucible of nouvelle cuisine, *l'Auberge du pont de Collongnes* (*bocuse.fr*) or the food stalls of *Les Halles de Lyon* (*halles-de-lyon-paulbocuse.com*).




Sample classic French cuisine at l'Auberge du pont de Collonges



Get cooking with Nick Nairn

## Scotland

This is the Year of Coast & Waters in Scotland, a celebration of the country's white sand beaches, soaring cliffs and sea stacks. The coasts, canals, islands and lochs have helped shape Scotland's cultural landscape, including everything culinary. The growing crop of food tours and experiences are a huge incentive for travellers, who can forage for shellfish, taste peaty whisky and Scotland's expanding range of gin, or try a hands-on cookery class, such as one at *Nick Nairn Cook School* (*nicknairncookschool.com*). Plus, with a wealth of diving, kayaking, coastal rowing, windsurfing, wild swimming and sailing options available, you're sure to work up an appetite. *visitscotland.com*

## Netherlands

In 2020, The Netherlands is celebrating 75 years of freedom since the end of the Second World War. All of its 12 provinces will host events that put Rotterdam, The Hague, Utrecht, Maastricht, Delft and Amsterdam, in the spotlight. The latter has a burgeoning sustainable food scene. From *Bolenius* (*bolenius-restaurant.nl*), with a menu of 80 percent native vegetables, to *De Kas* (*restaurantdekas.com*), set in a greenhouse and serving home-grown produce, new Dutch cuisine abounds. Rotterdam is home to hipster *Fenix Food Factory* (*fenixfoodfactory.nl*) and *FG Food Labs*, one of the city's eight Michelin-starred venues (*fgfoodlabs.nl*). *holland.com*





De Kas' menu centres on home-grown produce



Shop, meet producers and eat at Fenix Food Factory





Vejer de la Frontera is a haven for foodies

Try a cooking class or tour with Annie B

## Cádiz, Spain

Tucked away in the southwest corner of Spain, this Andalucian province on the Atlantic is almost unknown compared to resorts on the nearby Costa del Sol – and this makes its golden sand beaches, known as the Costa de la Luz (Coast of Light) even more appealing. Don't miss the urban thrills of Jerez and its sherry bodegas, and Cádiz, where the Saturday market is a must (pick up some preserved almadraba tuna). Meanwhile, the unassuming hilltop town of Vejer de la Frontera has whitewashed streets lined with affordable restaurants, tapas bars and, as of 2019, the Califa Hammam, the first traditional Moorish bathhouse to open in town for centuries. The bathhouse is the brainchild of the local Califa Group, responsible for a number of notable restaurants and the newly opened Hotel Plaza 18, a six-room boutique hotel in a converted 19th-century merchant's house (*califavejer.com*). Get the most out of the area with foodie tours, producer visits and cooking classes organised by expat Scot and long-standing Vejer resident, Annie B (*anniebspain.com*).

Photographs CHRISTIAN MCLEOD PHOTOGRAPHY, GINGER & SAGE, ADAM KEOHANE/STILL IMAGES, ELAN FIEISHAR, PHOTOLIBRARY/GETTY IMAGES PLUS, SHUTTERSTOCK



Ireland's Wild Atlantic Way is home to brilliantly fresh shellfish and lamb

## Galway, Ireland

Billed as Ireland's largest-ever cultural programme, Galway is hosting over 1,900 arts and culture events during its reign as the 2020 European Capital of Culture. In 2018, Co Galway was recognised as Ireland's first European Region of Gastronomy due to its blossoming culinary credentials, so it's no surprise that food will play a major part in the programme. The city is at the heart of Ireland's Wild Atlantic Way, so while you're enjoying this year's stellar arts line-up, look out for treats harvested from the landscape surrounding Galway, from heather-grazed lamb and shellfish freshly plucked from the coast and myriad adjacent islands, to the refined dishes of Michelin-starred *Aniar* (*aniarrestaurant.ie*) and hearty Irish breakfasts at *The Quay House* (*thequayhouse.com*), the Good Hotel Guide's Irish B&B for 2020, set in a 19th-century harbourmaster's home.




Malta's breakfast pastizzis are a must-try



Enjoy fresh seafood at Aniar

## Valletta, Malta

This sleepy Med holiday island is creating some buzz for its distinctive culinary culture and burgeoning restaurant scene. Occupied by everyone from the Phoenicians, Moors and British colonialists, with clear Arabic and Italian influences, Malta is an exemplary Mediterranean melting pot destination. With classic dishes ranging from breakfast pastizzi (small, savoury pastries filled with everything from ricotta to mushy peas) to lampuki pie (a spiced fish pie that sings of North Africa), rustic and affordable is still the order of the day. But if you want fine dining, there's plenty to be found in the capital, Valletta, where ancient recipe fish and rabbit stews get a refined reimagining, perfect with full-bodied wines made from such indigenous grapes as Gellewza and Girgentina. *visitmalta.com*



Photographs GUILLERMO GONZÁLEZ/EYEEM, ALEXANDER SPATARI/GETTY IMAGES, BRIANNA SOUKUP/PORTLAND PRESS HERALD VIA GETTY IMAGES, RINZE VEGELIEN, ROBIN-SCOTT ALEXANDER, SEAN PAVONE/ALAMY STOCK PHOTO, BRIAN GRECH



Fine dining at Le Trou au Mur in Morocco

## Marrakesh, Morocco

The very first African Capital of Culture, Marrakesh will host a huge roster of arts events in 2020. The maze-like alleyways of the Red City's iconic walled medina contain more than tourist trinkets and exotic spices. It's also home to an opulent choice of boutique riads – exquisitely converted traditional houses centered around tiled courtyards, where private hammam spas offer rosewater, argan and olive oil treatments. Some comprise several interconnected riads, with terrace cocktail bars overlooking the medina's rosy rooftops and snow-capped Atlas, and are host to destination dining spots, and high-end cookery classes; others like Riad Farnatchi come with such pioneering sister restaurants as *Le Trou au Mur* (*letrouaumur.com*), champion of grandmother-style Moroccan dishes. This autumn, Vanessa Branson's elegant riad-style *El Fenn* (*el-fenn.com*) is getting a food-forward makeover, expanding into two neighbouring properties to include a restaurant orangery, wine cellar, rooftop lap pool and cocktail spot. *visitmorocco.com*



Take a stroll down one of Porto's many colourful cobbled streets

## Porto, Portugal

Lisbon's popularity knows no bounds for city-breakers but how about Porto? Just north along the coast, this compact waterfront city is famed for its eponymous fortified wine but its dining out scene is growing, too, led by such innovative local chefs as Pedro Barreiros and José Avillez - the man behind Dubai's very own Tasca at Mandarin Oriental Jumeira. More affordable than its feted neighbour, Porto's narrow cobbled streets, stately riverside walk lined with restaurants and lavish baroque churches make for an atmospheric break. Try petiscos (small plates) at *Esporão* (*esporao.com*), a new offshoot for the Alentejo winery, or a 10-course tasting menu at *The Yeatman* (*the-yeatman-hotel.com*). *visitportugal.com*

Discover more foodie hotspots at *bbcgoodfoodme.com/international*

# COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



## WIN!

**A DINNER FOR 2 AT THE ARABIC RESTAURANT, AL BAIT SHARJAH! WORTH DHS542**

This month, one lucky winner can enjoy a mesmerizing three-course set menu at The Arabic Restaurant, at the luxury hotel Al Bait Sharjah, nestled in the heart of the UAE. The Arabic Restaurant embodies true Emirati elegance, welcoming guests with Arabian hospitality warmth and a combination of local and regional delicacies, reinvented to express the ultimate culinary luxury.



## WIN!

**A SET OF 4 TICKETS TO TASTE OF DUBAI 2020! WORTH DHS380 (PER SET)**

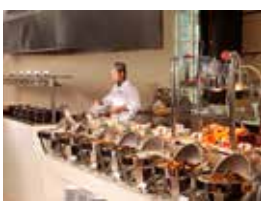
Taste of Dubai is the city's favourite food, drink and music festival, and is returning to Media City Amphitheatre this March to celebrate its thirteenth year. This month, five lucky winners can be in with the chance of winning a set of four standard one-day tickets to the popular event, to be used on either Friday 13 or Saturday 14 March. Expect an array of fantastic food stalls, sample stations, live entertainment and so much more at this not-to-be-missed event!



## WIN!

**A BRUNCH FOR 2 AT THE TALK RESTAURANT! WORTH DHS598**

This month, one lucky winner can start the weekend with a Friday Brunch at The Talk restaurant, located in Mövenpick Hotel Jumeirah Beach. Sit back, relax at the sound of the live jazz player and indulge in mouthwatering dishes. From an ultra-fresh seafood station to a room entirely dedicated to desserts, you will find everything you crave for. Wash it down with a wide selection of soft beverages, as you enjoy a unique Friday afternoon with an unforgettable culinary experience.



## WIN!

**A DINNER BUFFET FOR 2 AT CHANNELS, INCLUDING SOFT DRINKS! WORTH DHS500**

Who says indulgence is not for everyone? At Channels, you can tune in to good food at any time of the week starting with International Night on Sundays serving up popular dishes from around the world. Mondays are reserved for Japanese cuisine while mid-week ushers in Mexican food on Tuesdays. Heading to the end of the week, sample regional delicacies at the Lebanese Night on Wednesdays and kick start the weekend with Asian Night on Thursdays. Fridays dish out tasty treats from the ocean at the Seafood Night.



## WIN!

**A BRUNCH FOR 4 AT ANDALUCIA TAPAS & GRILL! WORTH OVER DHS900**

Take your taste buds on a Spanish adventure at Andalucia Tapas & Grill's brunch. The menu comprises a three-course menu, starting with a selection of tapas and nachos, before moving onto authentic Spanish grills, paellas and fajitas for mains. Give into your sweetest cravings when choosing your dessert, with options including churros with a rich chocolate sauce, or fondant llorano – an oven-baked, melt-in-the-middle chocolate fondant served with vanilla ice cream. Make the most of Dubai's wonderful winter weather as you take your seats in the al-fresco dining area, and ensure it's a Friday to remember at Andalucia.



## WIN!

**A DINING VOUCHER TO SPEND AT BEBEMOS, LE MÉRIDIEN DUBAI! WORTH DHS500**

Steering clear from Spanish clichés of bullfighting, flamenco and castanets, Le Méridien Dubai Hotel and Conference Centre is bringing Spain's most famous culinary tradition of Tapas to Dubai with Bebemos. Taking references from Spain's culinary vibrancy and relaxed way of life, Bebemos marries robust flavours of the region with its extraordinary artistic heritage. The dining philosophy is a nod to the Barcelonian way of life and will stay true to the las Tapas culture of socializing, sharing food amid friendly banter and sangrias.



## WIN!

**AN EXQUISITE BRUNCH FOR 2 AT THE ST. REGIS ABU DHABI! WORTH DHS690**

The St. Regis Abu Dhabi offers you the opportunity to delight your taste buds with a hearty brunch in true St. Regis style at The Terrace on the Corniche. One lucky winner can bring along a friend or loved one and begin the afternoon with a welcome The St Regis Bar, savouring a collection of tasteful mocktails and cocktails, canapes and an assortment of 26 delicious cheeses. Combining a vast variety of premium international cuisine inclusive of the freshest seafood, tasty sushi, and prime grilled cuts prepared at live stations as well as handcrafted Tuscan pastas, you will embark on a culinary journey full of tastes and flavors. Complete your brunch experience in the sweetest way back at The St. Regis Bar and a room full of delectable desserts and refined chocolates from around the world.

**To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.**

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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